

Help for Digestion Enzymes

Harmony & Health

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Quality Products for Health

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Enzymes are proteins that help speed up metabolism; they build some substances and break others down. Enzymes enable growth & cell repair. They are involved in multiple chemical reactions, from mucus catabolism, detoxification, to digestion, respiration, and more.

One of the most important roles of enzymes is to aid in digestion. Digestion is the process of turning the food we eat into energy. For example, there are enzymes in our saliva, pancreas, intestines and stomach. They break down fats, proteins and carbohydrates so we can absorb & utilize them.

Our bodies naturally produce enzymes, yet it is important to also get enzymes from our food.

Enzymes are found in raw foods, yet irradiation of produce, as well as heat/cooking deactivates or destroys them. Our ability to make enzymes also decreases as we age, thus those over 40 or those who eat a lot of processed foods, may notice more gas, bloating, indigestion, and good enzyme supplement may be necessary.

Some Products to consider:

- **Food Enzymes** includes pepsin, which is used for pre-digesting proteins in the stomach. Betaine HCl helps create an acidic environment to facilitate the activity of pepsin. After food reaches the small intestine, the enzyme pancreatin further digests protein, carbohydrates and fats in the small intestine. Alpha amylase digests starches. Bile salt makes fats soluble, preparing them for further digestion by lipase. The enzymes bromelain and papain aid in the digestion of proteins. One capsule will help you digest a minimum of 30 grams of protein, 30 grams of carbohydrates and 20 grams of fats.
- **Proactazyme Plus** is a general-purpose, food-enzyme supplement to assist in the digestion of most food types, including sugars, vegetables, starches and proteins. Plant-sourced enzymes & digestion-enhancing herbs, aiding with gas & bloating. No bile salts or betaine HCl, so safer if prone to reflux than Food Enzymes; especially good for vegetarians as it has no animal products in it.
- **PDA**, Protein Digestive Aid, combines betaine hydrochloride & pepsin, to help your body break down a meat-eater's diet. May also help prevent gout since often caused by incomplete protein digestion.
- **Lactase Plus** contains enzymes to help digest milk proteins and other dairy products.
- **Hi-Lipase** helps to break down fats in the body and is especially beneficial for individuals who have had their gallbladder removed. Take 1-2 capsules before eating fatty foods.
- **Protease Plus/High Potency Protease** are enzymes which help break down proteins; undigested & foreign proteins deter health; when taken between meals they may help clean up excess intestinal mucus & biofilms. The High Potency form is 3 times more powerful than Protease Plus.
- **Nattozimes Plus** is an enzyme alternative to nattokinase, a protease compound formed during the soybean fermentation process that offers circulatory benefits, improve blood flow as it helps dissolve fibrin which "thickens" the blood causing blood clots. Used for circulation, cystic fibrosis, & as a blood thinner.

Important: This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

Building Better Health Naturally

