

OPTIMAL DIGESTIVE SUPPORT

Do you have trouble digesting certain foods? There may be some help available. Formulated from research findings and case studies, there is a supplement that is a safe and effective means of supporting healthy gastric acid levels and enhancing digestion throughout the gastrointestinal tract. The formula provides a broad range of enzymes to support healthy digestion of proteins, fats, and carbohydrates for two phases of digestion.

Background

Numerous factors are capable of affecting the function of the gastrointestinal system. Recent research has demonstrated that the healthy production of hydrochloric acid and gastric enzymes are uniquely vulnerable to the effects of stress, occasional sleeplessness, and the aging process.

Nutritional supplements are available that support healthy hydrochloric acid and digestive enzyme production. Betaine hydrochloride has been used for over 100 years to safely support gastric acidity. Supplements containing digestive enzymes have been in use since the 1930s when Dr Edward Howell, an Illinois physician and scientist, began his study of food enzymes and human health. Since that time researchers, nutritionists, and other healthcare practitioners have steadily increased both their understanding and use of enzyme supplements.

How It Works Phase I

The first phase of digestion occurs in the stomach where ingestion of food leads to the distension of the stomach and alterations in pH. In response, the body releases gastric juices. Hydrochloric acid (HCl) is an inorganic compound that breaks down proteins, activates important enzymes and hormones, and maintains a sterile environment in the stomach. Adequate amounts of HCl are needed for the absorption of vitamins, increasing the bioavailability of minerals, and converting inactive phytonutrients into biologically active compounds. Hydrochloric acid is also needed to convert pepsinogen into pepsin, a proteolytic (protein-breaking) enzyme that converts protein molecules into smaller, usable subcomponents. Betaine hydrochloride (betaine HCl) and L-glutamic acid hydrochloride are two supplemental nutrients that support healthy acid levels within the gastrointestinal tract.

Phase I Ingredients:

Betaine Hydrochloride and L-Glutamic Acid Hydrochloride: Normal and expected changes occur in the gastrointestinal tract's production of HO with advancing age. Researchers have demonstrated this begins in the second decade (ages 11 to 20). HCl production can also be influenced by hormonal changes, occasional over consumption of food, liver health, intestinal tract integrity, and overall health. Supplementation with betaine hydrochloride and L-Glutamic Acid Hydrochloride promotes healthy stomach acidity and aids in the digestion of protein.

Pepsin: While human gastric secretions contain many protein-digesting enzymes, the pepsins represent approximately 70 percent of these enzymes. Pepsin is a powerful enzyme that breaks down proteins from food into usable amino acids. Research has shown that HCl

levels, liver health, commensal bacteria balance, and healthy stomach mucosal integrity support healthy pepsin production. Supplementation with pepsin aids in the digestion of protein and the absorption of minerals.

How It Works Phase II

Following the gastric phase of digestion, partially digested food components enter the second phase, or intestinal digestive phase. This triggers the release of digestive enzymes from the pancreas. Enzymes are organic compounds, frequently proteins, able to accelerate, or produce by catalytic action, change in substrates for which they are specific. Their chief function is to metabolize nutrients from food for digestion, absorption, and utilization. Nutritional supplements containing a broad range of pancreatic digestive enzymes act on proteins, fats and carbohydrates and have been shown to support healthy digestion.

Phase II Ingredients:

Pancreatin: Supplemental enzymes, particularly pancreatic digestive enzymes, have a long history of traditional use.¹⁰ In addition to digestive support, pancreatic enzymes have been recommended for immune system support, to support urinary tract health, lung health, and for the relief of occasional pain and inflammation associated with exercise. Panplex 2-Phase contains high potency (6X) pancreatin for maximum digestive support. "6X" refers to the strength of the pancreatic enzyme complex; it is 6 times more potent than the minimum activity specified by the United States Pharmacopeia (USP), a standard for nutritional supplements and pharmaceuticals.

Amylase: Saliva contains amylase, which initiates the digestions of dietary starches.* Pancreatic secretions also contain amylase as well. Amylase breaks down starch into several smaller molecules, including maltose, a disaccharide, and dextrins.

Protease: These enzymes primarily work in the neutral to alkaline environment of the intestine; however they can function in the stomach as well. Proteins are ultimately broken down into amino acids.

Lipase: Fat digestion begins in the second portion of the small intestine with the action of the pancreatic lipases. These enzymes break down fat into fatty acids. The lipase enzymes, along with bile salts, are responsible for the absorption of the fat-soluble vitamins: A, D, E, and K.

Ox Bile Extract: Bile salts form micelles that transport triglycerides containing medium-and long-chain fatty acids to the surface of intestinal villi, where they are absorbed. Supplementation has been shown to increase the output of bile and has a mild laxative effect.

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