## **UNSURPASSED DIGESTIVE SUPPORT**

Digestive discomfort impacts people's lives in an immediate way. Anyone with digestive issues is looking for real relief — really fast.

## CAUSE AND EFFECT

There are between 60-70 million American adults currently dealing with occasional digestive complaints. Many experts believe inadequate digestive enzymes are one potential cause. Research suggests that enzyme production in the body slowly declines with age and in certain conditions. Dietary intake may also be reduced as a result of current cooking and processing practices, which can inactivate digestive enzymes.

When there are insufficient digestive enzymes available in the body, oversized, undigested food particles can trigger the release of chemicals, which in turn can cause symptoms of gas, bloating, belching and nausea. Supplementing with digestive enzymes can overcome inadequate enzyme production by the body or intake from the diet.

## **ENZYMES FOR LIFE**

Enzymes are the catalysts of life. By accelerating the rate of biochemical reactions in the body and promoting those reactions repeatedly without being damaged or altered by the process themselves, enzymes are critical to all biological processes.

Enzymes play a central role in the digestive process. They are required to break down foods into smaller, more usable components. The three main types of enzymes involved in digestion are amylase, protease, and lipase. Intestinal mucosal enzymes, including sucrase, lactase, maltase, as well as other enzymes, such as protease with dipeptidyl peptidase IV (DPP IV) activity, are important for complete digestion and assimilation of nutrients.

## ENZYMES AND THE IMPORTANCE OF pH

The digestive tract has varying pH levels throughout. The stomach's pH is very acidic, while the pH of the intestines is alkaline. Because of this pH variation, the enzymes involved in the digestion process need to be optimally active at different pH levels. Because of their broad pH range of activity, high quality plant-based enzymes are ideal for individuals who cannot optimize the benefits of pancreatic enzymes and pepsin products. Research has shown that production of bicarbonate, needed to alkalinize the upper small intestine, and gastric acid, needed to activate pepsin in the stomach, can decline with age.

If you are interested in a digestive aid that works under all gastrointestinal pH conditions and will support digestion even in individuals regardless of age, digestive function, and pH balance, please use the link at the top of the page to schedule a free 15 min. consultation and ask about Similase.

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