

Preventing Effects Of Gluten Exposure

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One of Biotics Research newest products is [Gluterase™](#). It has an amazing ability to reduce the body's reaction to gluten. Today my goal is to explain how this product works and in what situations it could be utilized.

[Gluterase™](#) uses a combination of nutrients that work on two fronts. The first part is helping to digest gluten, and the second is to repair the damage caused by unknowingly digesting this pesky protein.

We all know that gluten is a protein, but I always wondered what it was about gluten that made it so difficult to digest. It turns out that gluten is high in proline, making it difficult for standard enzymes to digest. Tolerase G is an enzyme providing prolyl endopeptidase, and has been shown to be incredibly effective at digesting proline, thus dealing with gluten once and for all. It has even been shown to be more effective than other enzymes on the market for the same purpose.

Some questions you may be thinking:

1. "Does this mean I can eat gluten all the time now?"

Unfortunately, no, but it does mean that you can enjoy a meal out once and a while and not have to grill that poor server about the source of every item on your plate. Or you can go to that family dinner and not be bitter at your mom for putting bread in your soup every damn meal.

2. "How should I use Gluterase™?"

Gluterase™ can be used with a leaky gut protocol or diet to prevent the body from becoming gluten intolerant by preventing complex proteins from entering the bloodstream. The additional nutrients in the product work for mucosa and general digestive help, so consider adding it to a digestive protocol. It is best to use (2) tablets before a meal that you are unsure if it contains gluten, such as if you are eating at a restaurant or a friend's house.

I am excited to see what other practical applications you all come up with as well! Please contact us with your comments.

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