

*Digestive Formula\**

# COMPLETE DIGESTION™



*Enzymes are the most effective tools made by the body to aid digestion and assimilation of nutrients.*

Even individuals who consume a healthy diet may experience digestive difficulty from time to time. These difficulties often manifest themselves in a variety of symptoms including occasional gas, bloating, indigestion, abdominal discomfort, distention, irregularity and general food intolerance. While antacids and laxatives may be used to treat symptoms, they fail to address the underlying cause of impaired digestion.

Continuous use of such symptom suppressors may result in dependency. Complete Digestion™ provides digestive support from a synergistic blend of digestive enzymes, probiotics and nutraceuticals.\* This combination not only provides critical support for a healthy intestinal environment, but also works to aid impaired digestion, a fundamental cause of intestinal disturbance.\*

Enzymes are the most effective tools made by the body to aid digestion and assimilation of nutrients. Nutrients supplied to the body are utilized as energy for various biological processes. When there is an insufficient quantity of digestive enzymes present in the body, undigested food may pass into the large intestine and be acted upon by intestinal flora. Byproducts of bacterial digestion and yeast fermentation include hydrogen, carbon dioxide and methane gas. The consequence of such combination results in familiar symptoms of occasional gas, bloating, and inflammatory responses which may damage gut integrity. Enzyme supplementation encourages healthy digestion of proteins, fats, fibers and carbohydrates, in addition to promoting an optimally functional GI tract.\*

Probiotics are the beneficial microflora that reside in our digestive tract. Probiotics support regularity, aid the immune system, produce digestive enzymes, and manufacture essential vitamins such as B and K. The consumption of probiotics promotes an environment where benefi-



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- Full spectrum Enzyme Supplement
  - Vegetarian enzyme, probiotic, and nutraceutical formula
  - Support optimal digestion and intestinal wellbeing
  - Soothe occasional indigestion, gas and bloating
  - 125 million active probiotic cultures per capsule
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**ENZYME SCIENCE™**  
EXCEPTIONAL ENZYME FORMULAS

cial microflora thrive and pathogenic organisms, such as E. coli and yeast overgrowth, are unwelcome. Complete Digestion™ contains 125 million active probiotic cultures in each capsule.

Guaranteed potency at room temperature, the probiotics in Complete Digestion™ fuel the digestive process to produce additional lactase, protease, and amylase enzymes upon delivery to the lower GI tract.\* These enzymes offer synergistic benefits to the full spectrum formula, supporting optimal digestive health.\*

ATP (Adenosine triphosphate) produced in every cell, is found in all raw foods and is the body's natural source of energy.<sup>1</sup> Supplementing with ATP complements a healthy diet by increasing the energy potential of the foods consumed. It is also a primary signaling molecule for healthy cellular processes<sup>2</sup>. One such process is the necessary production of HCl (Hydrochloric Acid) in the stomach, which supports protein digestion and prevents H. pylori growth. ATP is also instrumental for the cells to benefit from the nutrition found in food since without it, no nutrients would be able to pass through its membrane. This is often referred to as Primary Active Transport.

Certain stressors such as age and exercise can diminish ATP levels<sup>3</sup>. Supplementing with ATP and nutraceuticals that support ATP production may complement the body's natural energy production, decrease the energy demand of the digestive process, support nutrient absorption and improve HCl availability in the upper GI.

<sup>1</sup> Schwiebert, EM, & Zsembery, A. (2003). Extracellular ATP as a signaling molecule for epithelial cells. Biochim Biophys Acta, 1615(1-2), 7-32.

<sup>2</sup> Crane, FL. (2001). Biochemical Functions of Coenzyme Q10. J Am Coll Nutr. 20(6), 591-8

<sup>3</sup> Fitz JG. (2007). Regulation of cellular ATP release. Trans Am Clin Climatol Assoc. 118: 199-208

### RECOMMENDED USAGE:

Take 1 capsule per meal (first bite of food). More may be taken as recommended by your healthcare practitioner

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

### Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 90

Amount Per Serving		%DV
Amylase Thera-blend™	11,500 DU	**
Protease Thera-blend™	45,000 HUT	**
Glucoamylase	25 AGU	**
ATPro™ Blend	25 mg	**
ATP		**
Magnesium Citrate		**
Alpha Lipoic Acid		**
CoQ10		**
DPP-IV	100 DPPU	**
Lipase Thera-blend™	1,500 FCCFIP	**
Lactase	800 ALU	**
Alpha Galactosidase	100 GalU	**
Cellulase Thera-blend™	500 CU	**
Maltase	100 DP*	**
Invertase	305 SU	**
Pectinase w/ Phytase	75 Endo-PGU	**
Xylanase	100 XU	**
<b>Probiotics Blend:</b>	<b>125 Million CFU**</b>	
<i>Bacillus subtilis, L. rhamnosus,</i>		
<i>L. casei, L. acidophilus,</i>		
<i>L. plantarum, L. bulgaricus,</i>		
<i>L. salivarius, L. paracasei</i>		
** Daily Value not established		

**OTHER INGREDIENTS:** 100% Vegetarian Capsule (cellulose, water)  
**CONTAINS NO:** Dairy, preservatives, salt, sucrose, soy, wheat, yeast, nuts, corn, gluten, casein, potato, rice, artificial colors or flavors.



**ENZYME SCIENCE™**  
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*Enzyme Science™ utilizes proven ingredients for maximum benefit\**

#### Amylase Thera-blend™

Amylase Thera-blend contains multiple strains of enzymes responsible for breaking down carbohydrates, such as starch and glycogen, into smaller sugars.

#### Protease Thera-blend™

Protease Thera-blend contains multiple strains of enzymes for digesting proteins. Protease supplementation may assist and enhance the digestion of foods, therefore allowing the availability of nutrients to be utilized by the body.

#### Glucoamylase

An amylase enzyme that breaks down carbohydrates to yield glucose units. Glucose is absorbed into the bloodstream and is utilized as energy for the body.

#### ATPro™ Blend

ATPro is a blend of ATP, Magnesium Citrate, Alpha Lipoic Acid and CoQ10. Research has shown that ATP is present in the digestive tract either by oral intake (unprocessed foods carry ATP) or by undefined cell excretion, and is used as a signaling molecule for many important processes. This signal is vital for timely, proper and complete digestion of food.\*

#### DPP-IV

Dipeptidyl peptidase-IV is a proteolytic enzyme specific for breaking down gluten and casein proteins. Proteases high in DPP-IV activity assist in normalizing inflammatory responses to gluten peptides, thus better digesting and utilizing gluten containing foods.

*Byun, T. et al. (2001). Synergistic action of an X-prolyl dipeptidyl aminopeptidase and a non-specific aminopeptidase in protein hydrolysis. J Agric Food Chem. 49(4), 2061-63.*

#### Lipase Thera-blend™

Lipase Thera-blend™ contains multiple strains of lipase enzymes for catalyzing lipids to form fatty acids and glycerol. Researchers have found that lipase may help to control LDL cholesterol and manage stubborn cases of high triglycerides.

*Caillol, N, et al. (1997). Pancreatic bile salt-dependent lipase activity in serum of normolipidemic patients. Lipids. 32(11), 1147-53.*

#### Lactase

The enzyme lactase breaks down lactose (milk sugar) and therefore supports optimal digestion of lactose-containing foods.

#### Alpha-Galactosidase

The enzyme alpha-galactosidase is specific for digesting carbohydrates found in legumes, grains and vegetables known to cause occasional symptoms of gas and bloating. Research studies have proven alpha-galactosidase to be effective for reducing discomforts associated with consumption of these foods.

*Solomons, NW. et al. (1991). The efficacy of an oral alpha-galactosidase to promote oligosaccharide hydrolysis and to reduce intolerance symptoms after ingestion of beans: a dose-response trial. Clin Res. 39, 655A.*

#### Cellulase Thera-blend™

Cellulase is the only digestive enzyme our body does not produce. Cellulase Thera-blend contains multiple strains of cellulase for digesting dietary fiber. Supplementing our diet with cellulase enzymes allows our body to remove fiber along with mucus in order to achieve a balanced body.

#### Maltase

An enzyme that breaks down malt and grain sugars. Maltase digests maltose into glucose molecules which can be easily absorbed into the bloodstream and be used as energy for the body.

#### Invertase

An enzyme responsible for breaking down sucrose, table sugar, into the simple sugars glucose and fructose. These simple sugars are rapidly absorbed into the bloodstream and are utilized as energy by the body.

#### Pectinase

Pectinase breaks down carbohydrates such as pectin found in many fruits and vegetables.

#### Phytase

An enzyme that breaks down phytic acid found in plants, especially brans and seeds. Research has indicated the role of phytase in increased mineral absorption as well as antioxidant properties.

*Kumar, V. et al. Dietary roles of phytate and phytase in human nutrition: a review. Food Chem. 120(4), 945-59.*

#### Xylanase

Xylanase is a type of enzyme responsible for breaking down structural components of plant cell walls. This type of hemicellulase plays a role in digesting fruits, vegetables, nuts, grains, and food additives.

#### Probiotic Blend™

Enzyme Science probiotic blend contains 8 species of beneficial bacteria including Lactobacillus paracasei and Bacillus subtilis. Probiotics adhere to the colon and promote a healthy GI tract. Probiotics are well tolerated by infants, adults, and the elderly and have a long history of use for improving gastrointestinal function. This product is guaranteed potency and has no need for refrigeration.

*Marteau, PR. et al. (2001). Protection from gastrointestinal diseases with the use of probiotics. Am J Clin Nutr. 73(2), 430S-365S.*