



Digestive Boost

Directions:

General use: take one capsule daily to help overall digestion.

For those with digestive or absorption challenges: Take one capsule 20 minutes before meals and especially when ingesting foods that have been problematic or are difficult for you to digest (grains, dairy, etc.).

Why take this supplement:

These are specifically chosen enzymes and digestive aids that assist in the breakdown of starches, fats and peptides.

- Ingredients like bromelain, pancreatin and pepsin can aid in reducing gastrointestinal complaints such as gas, bloating, cramps and diarrhea by supporting better breakdown of food components.
- DPP IV is specifically selected for its ability to assist in digesting gluten and highly recommended for those with sensitivity who are frequently low producers of Dipeptidyl Peptidase IV (4).
- Biocore Optimum Enzymes are a trademarked blend of amylase, protease, glucoamylase, invertase and lipase enzymes sourced from *Aspergillus sp.*, *Saccharomyces cerevisiae.*, *Candida rugosa* and *Rhizopus oryzae*.
- Pepsin is often recommended to assist with indigestion at the stomach level.
- Peppermint aids in stomach ease and has been associated with better digestion as well.

Cautions:

These enzymes are natural and are generally considered quite safe for most people. However, as with all chemicals, there are some people who are sensitive or allergic to specific components. Please consult your doctor if you have any specific questions or concerns about your suitability. No contraindications are known but potential drug interactions may exist.

Here are a few additional items to be aware of:

- Do not take if allergic to pineapple or pork
- This supplement does NOT contain corn, dairy, gluten, soy, wheat or yeast.
- These may cause stomach upset in rare cases. Discontinue if you experience vomiting or ongoing diarrhea.
- Use caution and consult your physician if taking anti-diabetic medications that are used to moderate carbohydrate digestive enzymes (eg. Precose or Glyset).

Digestive Boost (with Gluten Specific DPPIV)		
90 Gelatin		
Servings Per Container: 90		
Serving Size: 1 capsule		
Suggested Use: Take 1 capsule, 3 times per day, with meals.		
Ingredients	Dose Per Serving	Daily Amounts
DPP 4 Enzyme	150 mg	450mg
Bromelain 2400 GDU	100 mg	300mg
Biocore Optimum Enzymes	75 mg	225mg
Pancreatin 8X	100 mg	300mg
Pepsin 1:10000	100 mg	300mg
Peppermint Leaf	50 mg	150mg

Please visit our website for more information and research about these supplements. Quality, affordability and effectiveness are our priorities. Read the research that informs our decisions about what is carefully selected to make up our blends. Each ingredient matters and fulfills our promises that there are no unnecessary fillers in any of our products!