plusLIFE

Digestive Enzymes

6241 – 180 vegetarian capsules

Vegetarian-Derived Enzymes

The Possible Benefits of Digestive Enzymes, a Dietary Supplement

- Helps alleviate bloating, fullness, gastrointestinal discomfort and symptoms associated with occasional indigestion and gas.
- Digest a full range of foods, including protein, fats, carbohydrates, sugar and fiber.

Description

Digestion is the process that breaks down food mechanically and chemically in the gastrointestinal tract to convert the food into absorbable forms. The body can absorb salt and water unchanged, but starches, fats and proteins can't be absorbed until they have been split into smaller molecules.

Each of the five main digestive enzymes has a different role to play:

- Amylase digests starch
- Protease breaks down the peptide bonds that join the amino acids in a protein, ensuring the amino acids are readily available to the body
- Lipase splits apart emulsified fats.
- Lactase digests milk sugar
- Cellulase helps break down plant and vegetable matter

Deficiencies of these enzymes can wreak havoc on the digestive tract, causing bloating, flatulence, and gastrointestinal discomfort. Without proper supplies of these enzymes, the body struggles to digest the high-fat or high-starch meals. Pancreatic enzyme deficiencies also are associated with Pancreatitis, Crohn's disease and cystic fibrosis. Consuming a high-fiber diet may also cause a decrease in digestive enzyme levels.

Lactase

This milk-sugar digesting enzyme is perhaps the best known of the digestive enzymes, due to the prevalence of lactose intolerance. Lactase supplementation supports individuals who exhibit lactose intolerance after consuming dairy products.

Lipase

This enzyme is essential to the body's ability to break down lipids. In a clinical trial conducted, 100 subjects suffering from flatulence, pressure and pain in the stomach, nausea after meals, and belching, lipase and other proteolytic enzymes improved all of the above symptoms in 96% of the subjects.

Amylase

An enzyme that helps the body digest starch, amylase is integral to the breakdown of refined carbohydrates, potatoes and other starchy foods. Due to amylase's role in breaking down carbohydrates, researchers have found that type 1 diabetics may suffer from an amylase deficiency, although this same deficiency wasn't noted in type 2 diabetics. Vegetarians consuming low-tryptophan diets also may be deficient in this important enzyme.

Protease and Cellulase

These enzymes have opposite actions in the body. While protease digests protein, cellulase digests vegetables and plant matter. Protease has been studied for its ability to improve muscle healing after exercise in combination with amylase, lipase and other enzymes when taken on an empty stomach. When consumed with meals, however, protease helps break down protein so that the body can use protein's building blocks (amino acids) more effectively.

Conclusion

Vitamin Research Products's Digestive Enzymes is a unique, plant-based formula containing amylase, protease, lactase, lipase and cellulase. The vegetarian enzymes are generally better tolerated than animal-source enzymes as a source of nourishment for the intestinal tract. Digestive Enzymes help alleviate bloating, fullness, gastrointestinal discomfort and symptoms associated with occasional indigestion and gas. The plant-based enzymes in Digestive Enzymes work to digest a full range of foods, including protein, fats, carbohydrates, sugar and fiber. These vegetarian enzymes (provided in a vegetarian capsule) are generally better tolerated than animal-source enzymes, and they work over a broader range in the intestinal tract.

References

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