

Plant Enzyme Digestive Formula™

*For the support of optimum digestion and nutrient absorption**

It is often said that 'we are what we eat.' The truth is, we are not just what we eat, but what we digest and absorb. Many factors in our modern diets and lifestyles can interfere with efficient digestion, which means that even when we're eating a healthy diet, we may not be receiving the full level of nutrition we expect from our foods.

Compromised digestive function can lead to occasional signs of indigestion, such as mild gas, bloating, constipation, and feeling excessively full after meals. But that's just the tip of the iceberg. A somewhat weakened digestion means we will not effectively absorb vitamins, minerals, fats, or amino acids, and our whole body can be affected in areas such as the immune system, bone and joint health, energy levels, balanced moods, reproductive health, and more.

Things like psychological stress, food sensitivities, eating on the run, aging, and a number of health concerns can compromise digestive function. Fortunately, there are plant-based enzymes that can assist in the healthy breakdown and assimilation of foods.

Plant Enzyme Digestive Formula includes support for digesting all three macronutrients: carbohydrates, proteins, and fats:

- **Carbohydrate-digesting enzymes:** amylase, glucoamylase, cellulase, hemicellulase, diastase, beta-glucanase, and invertase. These are helpful for the breakdown of simple sugars as well as complex carbohydrates, starches, and fiber. This product also contains lactase, for the digestion of lactose – the 'milk sugar.'*
- **Protein-digesting enzymes:** protease, acid protease, alpha-galactosidase, protease SP
- **Fat-digesting enzyme:** lipase

Plant Enzyme Digestive Formula contains no animal products. It is presented in a vegetable capsule and is suitable for vegetarians. It may be especially helpful for the improved digestion of plant foods like grains and beans, as well as dairy products, which commonly induce digestive upset.* Strengthened digestion means we will harness more of the essential, life-building nutrients in the quality foods we choose.

Recommended Use: As a dietary supplement, take one capsule per day with a meal, or as directed by your health care practitioner.



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

*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.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT WWW.DESIGNSFORHEALTH.COM.