

*Let's say you run out for a quick bite to eat at lunchtime. You're pressed for time so you stop at the nearby fast-food restaurant. You eat quickly so you can get back to work and finish a report that's due today. Is it surprising that you might feel sluggish, bloated, or experience reflux? Eating meals with a high fat or high carbohydrate content while under stress is a recipe for digestive system meltdown.*



**Things That Negatively Affect or Slow Our Digestion Are:**

- ◆ Poor food choices  
*The Standard American Diet (SAD) is chock full of foods that slow digestion, which can lead to heartburn and indigestion*
- ◆ Natural lack of enzymes or when our enzymes aren't working properly  
*As we age, our ability to digest lactose decreases*
- ◆ Not taking enough time to chew your foods properly  
*Eating quickly can lead to inadequate chewing. Foods that aren't chewed properly can be drier, which puts more stress on the esophagus*
- ◆ Emotional and physical stress

# Quality

*From Seed to Supplement®*

*At our office, we believe that given the proper nutrition, your body has the amazing capability of keeping itself healthy. We also believe that nutrition should be individualized to meet each patient's needs. For these reasons and many more, we proudly recommend Standard Process whole food supplements.*

**IT'S NOT WHAT YOU Eat**  
●●●●●●●●●●  
**IT'S WHAT YOU Keep**



[www.standardprocess.com](http://www.standardprocess.com)

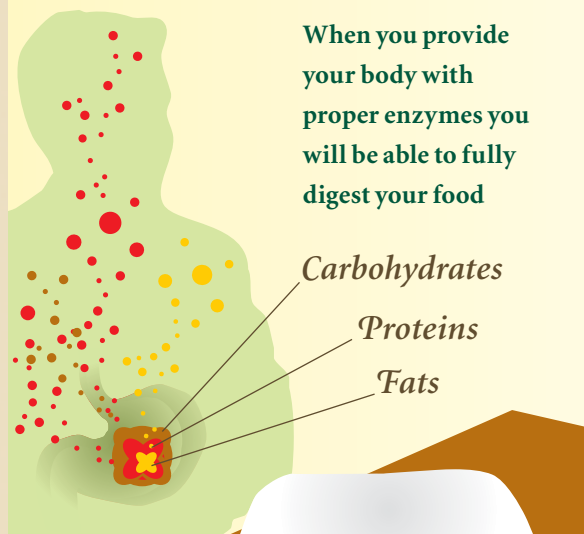
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# Vibrant Health Begins with Proper Digestion

*We can buy all-natural foods and use cooking techniques designed to preserve nutrient integrity, but in the absence of optimal digestion and adequate enzymes our cells won't get all the nutrients these foods can provide. Poor digestion affects our energy level, our ability to naturally heal and repair, and our general well-being. Our bodies cannot use nutrients from the foods we eat unless they are properly digested.*



## ● ● The Digestive Process ● ● ● ● ● ● ● ● ● ●

Digestion is the process of converting the foods we eat into substances our bodies can absorb and use at the cellular level. Digestive enzymes are the important structures that break down the fats, proteins, and carbohydrates we eat so our body can absorb and use them. How do you know you have digestive challenges?

- ◆ Heartburn
- ◆ Occasional constipation
- ◆ Burping and bloated
- ◆ Occasional diarrhea
- ◆ Gas

These issues can have many root causes. Enzyme supplementation, unlike conventional digestive aids, works with your body to address the root of the problem instead of merely masking it. Some issues that start with digestion and involve the immune system may also be alleviated.

### **How Can I Improve My Digestion?**

Since digestive challenges can center around enzyme imbalance, adding additional enzymes through whole food supplements may assist the body's digestion and contribute to overall health.

#### **Enzyme supplements:**

- ◆ Supply additional enzymes that may be missing from the body due to natural dysfunction, aging, health challenges, or emotional stress
- ◆ Help in the absorption of key vitamins, minerals, and nutrients
- ◆ Help you digest food after a large meal
- ◆ Help you digest food that hasn't been chewed properly

\*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

### **Enzycore—Vegetarian Enzyme Product for Daily Digestive Support**

Enzycore is a broad-spectrum enzyme product, containing enzymes that support the breakdown of proteins, carbohydrates, and fats. Beet powder and kale, ingredients that provide digestive tract support, are included in trace amounts. Glutamine supports our gastrointestinal-tract lining, which supports gut tissue health.\*

### **Multizyme®—Healthy Digestion from Unexpected Foods**

Multizyme is a whole-food based supplement designed around 2 main ingredients: figs and almonds. Multizyme includes plant- and animal-based enzymes to help you break down proteins, carbohydrates, and fats. Enzymes from pineapple, papaya, and the pancreas round out this product's ability to enhance digestion.\*

### **Zypan®—Enzymatic Support for Protein Digestion**

Zypan supports the healthy digestion and absorption of proteins. It also contains enzymes that help digest fats and carbohydrates, too. Betaine hydrochloride, unique to Zypan, helps maintain healthy hydrochloric acid levels in the stomach, which further aids in protein digestion. It may also protect the GI tract from harmful microorganisms. Zypan contains pancreatin 3x which is coated with fatty acids, allowing the enzymes to be digested in the correct area of the digestive tract.\*



**Enzymes can mean the difference between what you eat and what you absorb. Each person has a unique set of digestive enzymes, so each protocol will need to be determined on an individual basis. Ask your health care professional about how Standard Process whole food supplements can support enzyme function, leading to healthy digestion.**

