

WATCH DIGESTIVE+++ BREAK DOWN FOOD!



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Prebiotics and probiotics have been given such noteworthy attention in scientific literature because of the importance they lend to supporting gastrointestinal health. However, researchers all over the world are now studying the microbiome and indications it supports gastrointestinal health as well. LifePharm scientists were at the forefront of this research and when formulating the

DIGESTIVE+++ product, they included both ingredients plus a full array of digestive enzymes. Many probiotic and prebiotic products do not contain digestive enzymes, but they're very important to the whole digestion process as you'll discover.

WHY DIGESTIVE ENZYMES ARE IMPORTANT

The pancreas is a small glandular organ that is very close to the stomach and makes digestive enzymes which will work together with the acid in the stomach. These digestive enzymes are secreted into the stomach from the pancreas. Here's what happens from there:

- They break down food particles into the smallest molecules, so they can be absorbed across the lining of the small intestines.
- The lining of the small intestine is very thin (made up of only one cell layer).

- Once the nutrients enter into the cell lining of the intestinal tract in their smallest molecular size, they cross over into the blood stream.
- The small and large intestines have the most intricate system of blood vessels, so they can carry the nutrients throughout the body once they have crossed the intestinal tract.



CLASSIFICATIONS OF ENZYMES BASED ON FOOD TYPES

Enzymes that digest proteins are called "proteases." They specifically break down larger proteins into smaller proteins called "peptides." Peptides then turn into individual amino acids so they can be absorbed across the digestive lining. Proteins are necessary for muscle building, as well as for replicating new cells when it is time for them to be replaced. Millions of immune cells are recreated daily to keep pace with fighting foreign invaders.

Here are five other facts about enzymes and the types of food they breakdown.

1. Enzymes that digest carbohydrates are called "carbohydrases." They break down large, sugar-containing molecules called polysaccharides into smaller sugars that will cross the lining of the GI tract. Sugars are important for cellular energy, brain energy, muscle energy and are also structural materials that help build other molecules.
2. Enzymes also digest or loosen indigestible fibers. Some fibers from plants contain vitamins and minerals that are released during this process.
3. Fats (lipids) are also digested by enzymes called "lipases." Fats are large molecules and they need to be broken down into smaller units so that they can be assimilated to help build cell membranes, including the long membranes of nerve and brain cells.
4. Lactase is the enzyme that helps break down milk sugar. Some people do not produce this enzyme in their bodies or only make small amounts, which is referred to as "lactose intolerant."
5. Enzymes are needed to support complete digestion. The pancreas is a very busy organ as it has to make an abundance of enzymes and insulin every time you eat so the body can digest the foods. Aging, stress, physical activity, and certain unhealthy or demanding situations of the body can put stress on the liver and pancreas. During these circumstances, fewer digestive enzymes may be produced.

LifePharm decided to add digestive enzymes to the DIGESTIVE+++ formula in order to help you optimally process the foods you eat. DIGESTIVE+++ aids the progression of the digestive tract and optimizes the assimilation and absorption of nutrients. Click below to watch a short video demonstrating how DIGESTIVE+++ supports digestion through the consumption of common foods such as oatmeal.



MATERIALS NEEDED:

- About ½ cup quick cooking oatmeal (one-minute oats)
- About ½ cup of boiling water (cooled to very warm)
- 2 tablespoons for measuring
- 2 spoons for stirring
- 2 clear bowls or cups
- 1 capsule of DIGESTIVE+++ (new capsule)

DIRECTIONS:

In one clear bowl/cup, add two, level tablespoons of oatmeal and two, level tablespoons of hot water. The water can be boiled or heated in the microwave. Repeat these directions with the second bowl. The two bowls should be identical with food and liquid content. Stir until the oatmeal is nice and moist. Allow one to two minutes for the contents to cool down so they are warm, but not hot before adding contents of the DIGESTIVE+++ capsule. Open one capsule of the DIGESTIVE+++ encasement and sprinkle it into only one of the bowls containing mixed oatmeal. *(Do not add any DIGESTIVE+++ to the second bowl)*. Wait about two minutes, stirring the oatmeal in each bowl occasionally with separate spoons to avoid contaminating one mixture with the other. After an additional two minutes, you will notice the oatmeal mixture containing the DIGESTIVE+++ product will be creamier, while the oatmeal mixture *without* DIGESTIVE+++ will be much more dry and lumpy. What you are seeing is the oatmeal mixture with the DIGESTIVE+++ is beginning to break down the big particles of nutrients into smaller particles.

The DIGESTIVE+++ formula is now delivered in an easy-to-swallow capsule. It contains the same great formula of all the proven ingredients to support optimal gut health, including a full array of digestive enzymes.



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