

SENSITIVE TO DAIRY? YOUR DIGESTIVE ENZYMES COULD BE TO BLAME

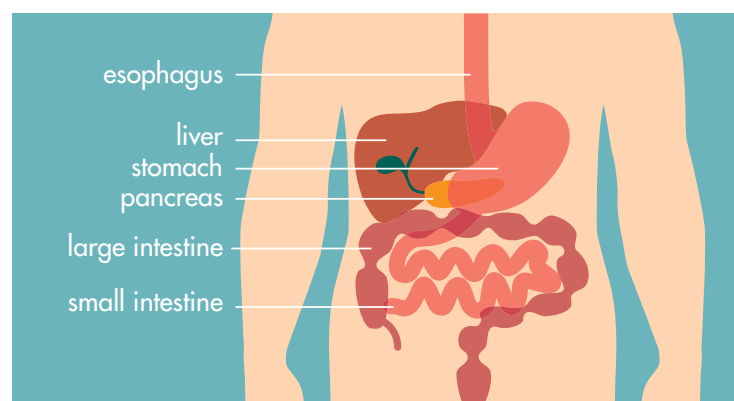
You now know the benefits of prebiotics and probiotics for supporting the microbiome of the gastrointestinal tract, and how these good bacteria can be found in DIGESTIVE⁺⁺⁺. What you may not know is how the digestive enzymes are involved in helping to break down the variety of foods you eat. A healthy pancreas functions to secrete an array of digestive enzymes to break down proteins, carbohydrates, fats and the sugar found in milk called lactose. Lastly, you'll learn proven tips to optimize your digestion in addition to adding the LifePharm DIGESTIVE⁺⁺⁺ supplement to your daily diet.

DIGESTIVE ENZYMES ARE MADE IN THE PANCREAS

In the body is a gland called the pancreas. The healthy pancreas produces and secretes digestive enzymes. Digestive enzymes and bile ultimately empty into the small intestine to begin its activity in breaking down the foods we eat (carbohydrates, proteins and fats).¹

Problems can occur when there is a dysfunction in the ability of the pancreas to produce enzymes, or the body's demand for enzymes exceeds the supply being produced by the pancreas. This

PANCREAS SECRETES ENZYMES INTO STOMACH

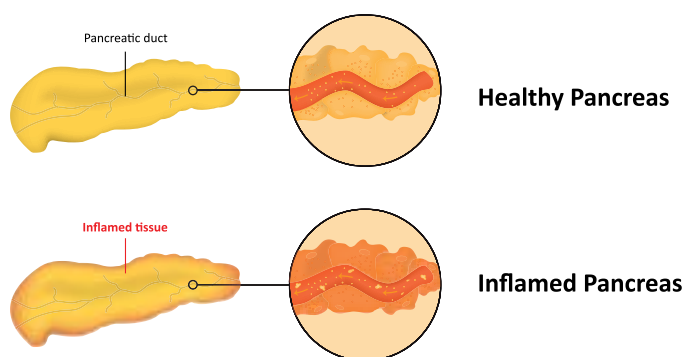


dysfunction can occur for a variety of reasons, including genetic predisposition, illness, injury/trauma, excessive exercise, aging, toxic exposure or a combination of these factors.¹

PANCREATIC INSUFFICIENCY AND EPI

An abnormal process in the pancreas called Exocrine Pancreatic Insufficiency (EPI) results in abdominal cramps, improper digestion, fat in the stool and weight loss due to nutrient malabsorption. A common cause of EPI is chronic pancreatitis, which is a condition that impairs the pancreas to produce the enzymes necessary for digestion. At least 70 percent of chronic pancreatitis cases stem from chronic alcohol abuse, and hence is observed in association with alcoholics.¹

HEALTHY VS. UNHEALTHY PANCREAS



EPI is also seen in individuals with cystic fibrosis and diabetes. Cystic fibrosis severely affects the lungs, causing excessive mucus production, which can enter into the stomach, build up and block the secretion of digestive enzymes from the pancreas. Diabetes plagues 23.6 million adults and children in the United States alone; almost 8 percent of the American population.¹

LACTOSE (MILK SUGAR) INTOLERANCE

Lactose intolerance is the inability to produce the enzyme lactase (which breaks down lactose sugar in milk products), causing diarrhea, bloating, cramping and gas. Lactose intolerance is not necessarily an all-or-none type of response. Symptoms are relative to the ability to produce lactase and the amount of milk sugar in the food consumed. It can be due to genetic factors that result in a decrease or total absence of lactase production, including a physiological decline in intestinal lactase activity that occurs over time. In more serious cases, lactose intolerance can be the result of damage to the intestinal lining by viral, bacterial or autoimmune inflammatory responses.¹ The good news is that most lactose intolerance can be alleviated with lactase enzyme supplementation.¹



LACTOSE INTOLERANCE AFFECTS 75 PERCENT OF INDIVIDUALS

The frequency of diminished lactase activity in populations varies greatly from nearly 5 percent in northern Europe to over 90 percent in Asia and Africa. The prevalence is 6-15 percent of the United States population.¹

A study showed that when 27 individuals could not adequately digest whole milk, but were later supplemented with a lactase enzyme, 25 of those 27 individuals showed no signs of maldigestion (an incomplete breakdown of nutrients in the gastrointestinal tract).¹

DIGESTIVE+++ BREAKS DOWN ALL TYPES OF FOODS

DIGESTIVE+++ contains a full array of digestive enzymes similar to the ones the pancreas makes naturally to ensure digestion of the various proteins, carbohydrates and fats you consume with meals. It also contains the much-needed lactase enzyme to break down milk sugar, which is found in numerous foods. Milk sugar (lactose) is found not only in easily recognized dairy products, but also in processed foods where it is not as likely foreseen.



If you are lactose intolerant or partially lactose intolerant, this enzyme will support digesting lactose in milk products. The supplement is best consumed right before the meal to activate its purpose while you are eating. DIGESTIVE+++ is unique to other supplements in that it contains digestive enzymes to break down proteins, carbohydrates and fats. Protein enzymes work at various pH ranges throughout the GI tract. These have been included in the DIGESTIVE+++ formula.

TIPS TO OPTIMIZE YOUR DIGESTION:

- It is better to take small bites of food, eat slowly and chew foods thoroughly.
- The flavors, aromas and textures are more enjoyable when eaten more consciously and sitting down.
- If someone has taken the time to prepare a nice meal, enjoy the foods rather than just gulping them down.
- Do not drink large amounts of beverages with a meal. This dilutes enzymes and stomach acids hindering the chemical breakdown of food particles.
- Improperly digested food can linger in the GI tract longer, creating digestive problems, absorption issues and allergy issues.
- Eat your meals and snacks on a regular schedule and avoid excessive caffeine and alcohol with your meals and throughout your day.



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.

REFERENCE

1. Roxas, M. The Role of Enzyme Supplementation in Digestive Disorders. *Alternative Medicine Review*, Vol 13, 4, 2008.