

# DOCTOR'S<sup>®</sup> CHOICE

P: 1-866-226-1722 • F: 1-866-226-1822 • [info@doctorschoice.ca](mailto:info@doctorschoice.ca) • [www.doctorschoice.ca](http://www.doctorschoice.ca)

## #08 FULL SPECTRUM DIGESTIVE ENZYME

Broad spectrum means the complete digestion of fats, proteins, and carbohydrates, as well as fiber in the diet. Unless you eat an 80% raw foods diet, it is likely that undigested processed foods are accumulating in your arteries and in your digestive tract. This is the dual purpose of taking daily enzyme supplements: complete digestion and uncompromised blood circulation.

This new formula is the most bio-advanced enzyme on the market today. Each ingredient was thoroughly researched and sourced from the USP pharmaceutical grade, U.S.A.-manufactured enzymes:



**Acid maltase:** Breaks down malt sugar.

**Alpha-Amylase:** Breaks down starch.

**Alpha-galactosidase:** Breaks down complex carbohydrates, prevents intestinal gas.

**Beet (root):** Helps the kidneys and liver to process the amino acid known as SAM-e.

**Bromelain:** Proteolytic enzyme from pineapple; breaks down proteins, reduces inflammation, and treats indigestion.

**FOS (Chicory root):** Increases the flow of bile, supporting digestion.

**Glucomylase:** Break down carbohydrates.

**Invertase:** Breaks down sugars.

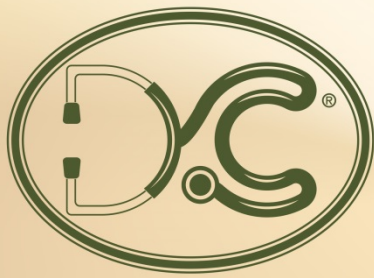
**Kale:** Prevents constipation promoting regularity and a healthy digestive tract.

**L-Lysine (fermented):** Supports the production of other proteins such as enzymes, antibodies and hormones.

**Lactase:** Breaks down lactose in milk to make it possible for people with lactose intolerance to consume dairy without digestive problems.

**Lipase:** Breaking down lipids (fats), in particular triglycerides, fat in the diet.

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**Ox Bile:** Bile helps digest the fats you eat, and aids in absorption of fat soluble vitamins.

**Pancreatic enzymes (Amylase, Lipase, Protease):** Relieves symptoms of indigestion (eg, feeling of fullness, gas, bloating); helps the body to digest protein, starch, and fat.

**Papain:** From papaya, helps break down proteins such as meat, also decreases swelling and inflammation in the colon; useful for with Crohn's or celiac disease and ulcers.

**Peppermint:** Aids in digestion, activates an anti-pain channel in the colon, (TRPM8), and reduces the pain linked to spicy foods.

**Pepsin:** Breaks down proteins found in meat, eggs, dairy and other foods.

**Protease 3.0, 4.5, 6.0:** Breaks down the peptide bonds in the protein foods separating the various amino acids needed by the body.

**Protease (I & II):** Breaks down proteins.

Digestive enzymes, as their name implies, help you break down food into smaller parts that can be absorbed, transported and utilized by every cell in your body. Digestion begins in your mouth, starting with saliva. As food passes into your stomach, proteins are worked on by various enzymes, mainly protease. From there, the food passes into your small intestine, (90% of digestion takes place in your small intestines) where lipase begins to break down fats, and amylase finishes off the carbohydrates.

Enzyme deficiency results in poor digestion and poor nutrient absorption. This creates a variety of gastrointestinal symptoms, including:

- Constipation
- Bloating
- Cramping
- Flatulence and belching
- Heartburn and acid reflux

Chronic malabsorption can lead to a variety of illnesses. Think about it—if your body doesn't have the basic nutritional building blocks it needs, your health and ability to recover from illness will be compromised.

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Besides breaking down food, enzymes (particularly the proteases) can help with gut healing, controlling pathogens, and immune support. Your immune system begins in your gut—and if you have enzyme and digestive issues, chances are your immune system isn't functioning as well as it should be.

Complicating matters, your capacity for enzyme production also declines with age. Research has shown that your natural enzyme production starts to decline by the time you're about 20.

Studies show that, every ten years, your body's production of enzymes decreases by 13 percent. So by age 40, your enzyme production could be 25 percent lower than it was when you were a child. And by the time you're 70, you could be producing only ONE-THIRD of the enzymes you need.

Making matters worse, your stomach produces less hydrochloric acid as you age, and hydrochloric acid is crucial in activating your stomach's digestive enzymes.

When digestion of foods requires such a heavy demand, enzyme supplies run short and your enzyme-producing capacity can become exhausted. Why does this matter? The high demand for digestive enzymes depletes your body's production of metabolic enzymes, which every cell in your body needs in order to function.

At Doctor's Choice, we are transparent and uncompromising in product quality, which are needed in today's society, as processed foods by definition have had their enzymes removed for greater shelf life. Once in the body, these adulterated, unnatural foods cannot easily be broken down into the component nutrients the body needs. They offer little food value and are partly responsible for blocking the digestive tract and bloodstream, and also interfering with nutrient absorption. As we have been preaching, the key is bioavailability is being available at the cellular level.

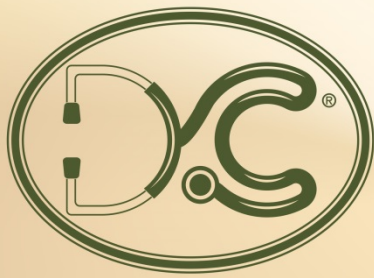
**Recommended Dosage:** Adults take 1 capsule daily, or as directed by a health care practitioner. Take with first bit of food/meal. Take a few hours before or after taking other medications.

**Recommended Duration of Use:** For use beyond 4 weeks consult a health care practitioner.

**Recommended Use:** Digestive Enzyme. Helps digest proteins. Digestive aid.

**Caution/Risk Information:** If seal around cap is broken or missing, do not use. Consult a health care practitioner prior to use if you are breastfeeding, have diabetes, a gastrointestinal lesion/ ulcer, cardiovascular disease, pancreatitis, pancreatic exocrine insufficiency or cystic fibrosis, have allergy to latex or fruits (such as avocado, banana, chestnut, passion fruit, fig, melon, mango, kiwi, pineapple, peach, and tomato), are taking an anticoagulant/blood thinner, anti-inflammatory or antibiotic, or are having surgery. Do not use if you have gallstones or a bile duct obstruction or are pregnant or are sensitive to pancreatic enzymes or pork proteins. For use beyond 4 weeks consult a health care practitioner. Headaches, heartburn, abdominal pain, bloating and hypersensitivity (e.g. allergy) have been known to occur, in which case, discontinue use. Nausea, vomiting, and diarrhoea have been known to occur, in which case discontinue use (and consult a health care practitioner).

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## Ingredients: 60V's

Acid Maltase (1 FCC).....	1mg
L-Lysine(fermented) .....	100mg
Alpha-Amylase (1985 FCC).....	15mg
Lactase (325 FCC).....	3.25mg
Alpha-Galactosidase (50 FCC).....	5mg
Lipase (240 FCC).....	12mg
Beet (root) .....	.25mg
Ox Bile (bovine).....	.88mg
Betaine Hydrochloride .....	100mg
Papain (2000 FCC).....	122mg
Bromelain (32880 FCC).....	2mg
Peppermint .....	.25mg
FOS (chicory root).....	50mg
Pepsin (150000USP) .....	100MG
Glucomylase (3 FCC) .....	2.5mg
Protease 3.0 (3FCC) .....	.5mg
Invertase ( 170 FCC).....	1mg
Protease 4.5 (4930 FCC).....	33mg
Kale .....	.25mg
Protease 6.0 (1640 FCC) .....	19mg

Contains no wheat, corn, yeast, soy or dairy. V-capsules are made from vegetarian source, no gelatin used.

Non-GMO

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