

Essential Enzymes™ and Essential EnzymesUltra™

Digestive Aid



Digestive Health Isn't Just Important, *It's Essential!*

You may be eating a healthy diet, but are you getting the most out of it? Even the most nutritious meals aren't helpful if the body isn't properly digesting them. Enzyme supplements can help overall health by helping your body get the full nutritional value of the food you eat while fine-tuning the digestive work of your body.*

Source Naturals® Essential Enzymes™ and Essential EnzymesUltra™ are Bio-Aligned Formulas® that contain a broad-spectrum blend of enzymes that help break down different food types in various stages of digestion. The formulas include food-grade vegetable enzymes that function in a range of different pH (acidity) levels found in the digestive tract.*



Source Naturals®
for a life well lived®

It's Not What You Eat, It's What You Absorb

A healthy diet alone may not be enough to promote health. Adequate digestive enzymes are needed to properly digest the food you eat so you get the nutrients you need. Sadly, as we age, hydrochloric acid secretion and digestive enzyme activity both decline. Lower levels of hydrochloric acid may mean lower absorption of vitamin B12, iron, and calcium. But even worse, poor eating habits and a less-than-perfect diet that may include excessive refined carbohydrates and fat, or over-consumption of alcohol, may contribute to digestive problems over and above the natural changes with age.*

Some of the results of an imbalanced digestive system are clearly noticeable... most of us have experienced occasional digestive discomforts.*

A Wide Array of Enzymes for Different Food Types

Source Naturals® Essential Enzymes and Essential EnzymesUltra contain a wide array of enzymes to break down proteins, fats, sugars, fiber, and carbohydrates. This combination follows the body's own wisdom: the body also uses a wide range of different enzymes (22 of them, in fact) for digestion. These enzymes are designed to aid the body's natural digestive process, with the goal of maximizing the utilization of the nutrients in the diet. You really are what you eat... so you want to support your body's ability to absorb nutrients.*

Source Naturals Essential Enzymes and Essential EnzymesUltra include food-grade enzymes that function in a range of different pH (acidity) levels found in the digestive tract. As a result, different enzymes are available to break down food molecules in the various stages of digestion.*



You Are What You Eat: How Enzymes Make the Difference

Carbohydrate Digestive System

The first step in digestion occurs in the mouth, where the digestion of carbohydrates is initiated. Amylase, the enzyme contained in saliva, converts starch (a form of carbohydrate) into simpler sugars. This process is completed when the pancreas secretes more amylase into the small intestine. Essential Enzymes and Essential EnzymesUltra support carbohydrate digestion with alpha-amylase and amyloglucosidase to break down starch.*

Protein Digestive System

In the stomach, food is broken down further by churning and by the action of the gastric juice, which contains pepsin and hydrochloric acid. Pepsin, a protease enzyme that depends on the highly acidic (pH 1.5 to 2.5) environment of the stomach for functioning, begins the process of breaking down protein

into peptides and amino acids. The food, at this stage called “chyme,” then continues on to the alkaline (pH 7.0 to 8.0) environment of the small intestine, where the intestinal and pancreatic proteases complete protein digestion. Both of the Source Naturals Essential Enzymes products support protein digestion with protease enzymes, including an acid-stable protease, to help digest dietary proteins in a broader pH range.*

Fat Digestive System

Fat digestion occurs in the initial section of the small intestine. The liver produces bile salts and acids, and stores them in the gall bladder. Bile emulsifies fats, breaking them apart into droplets. In this form they can be attacked by the pancreatic enzyme called lipase that helps break down fat into glycerides and fatty acids. Bile and pancreatic fluid together neutralize stomach acid, which is essential because the intestinal enzymes function only at a pH



of 7 to 8. Both products support fat (such as triglyceride and oil) digestion with the enzyme lipase.*

Fiber Digestive System

Fiber—found in foods such as whole grains, fruits, and vegetables—provides bulk to enable the large intestine to work effectively. It also helps regulate the nutrient absorption in the small intestine. The breakdown of certain fibers may add further benefit. Cellulase and hemicellulase may help digest cellulose and hemicellulose from cell walls of fruits and vegetables. Both products support fiber digestion with the enzymes cellulase and hemicellulase.*

Digestive enzymes are a wise choice. A healthy digestive system is a key to a healthy life. Source Naturals is pleased to present Essential Enzymes and Essential EnzymesUltra—highly complex, highly effective tools in your quest for a healthy digestive system.*

Which Is the Right One for You?

Essential Enzymes

Our popular flagship product Essential Enzymes is available in two forms: regular gelatin capsules and vegetarian capsules. Although all of the enzymes used in our Essential line are vegetable-based, the vegetarian capsule is perfect for vegetarians. The capsules come in bottles and the gelatin form also comes in boxes with blister packs, convenient for eating out, traveling, and work.

Essential EnzymesUltra

For more highly specialized needs, **Essential EnzymesUltra** is a highly diverse formula utilizing multiple levels of enzymes for digesting all foods in a wide range of pH levels. It contains four types of proteases (protein-digesting enzymes) and multiple enzymes for the digestion of carbohydrates, fats, fiber, and milk sugar. Multiple enzymes are included to fully break down the outer and inner bonds holding a nutrient together. The wide array of enzymes is formulated to break down these bonds in all of the varied pH environments of the digestive tract. Essential EnzymesUltra is one of the most highly sophisticated arrays of digestive enzymes on the market today.*

References

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