

Enzyme Complete

A superior digestive enzyme formula

Enzyme Complete is a superior digestive enzyme formula developed to aid digestive efficiency and overall gastrointestinal health. This advanced blend of natural enzymes is specifically designed to aid in the breakdown and absorption of nutrients, ensuring a smoother digestive process.

Enzyme Complete provides a broad-spectrum approach to digestion. Its unique blend of enzymes is effective across various pH levels, ensuring optimal function throughout the digestive system.

Ingredient Highlights

- **Protease**

Proteases are crucial for protein digestion, breaking them down into amino acids necessary for numerous bodily functions. Research typically focuses on their role in enhancing protein absorption and reducing digestive discomfort associated with protein-rich meals.

- **Amylase**

This enzyme is essential for carbohydrate digestion, converting starches into simple sugars. Studies on amylase often examine its effectiveness in carbohydrate breakdown and its impact on post-meal blood sugar levels.



- **Lipase**

Lipase aids in the digestion of fats, breaking them down into fatty acids and glycerol. Research on lipase includes its role in fat digestion and potential benefits for individuals with compromised fat digestion abilities, such as those with pancreatic insufficiency.

- **Cellulase**

Cellulase helps digest cellulose, a plant fiber. It's not naturally produced by the human body, so supplementation can aid in the breakdown of dietary fiber, potentially easing digestive symptoms associated with high-fiber diets.

- **Lactase**

Vital for lactose digestion, lactase supplements are studied for their effectiveness in reducing symptoms of lactose intolerance, such as bloating, gas, and diarrhea.

- **Papain and Bromelain**

These enzymes, derived from papaya and pineapple, respectively, are known for their protein-digesting capabilities. Research often looks into their anti-inflammatory properties and potential benefits in improving digestion and reducing digestive discomfort.

Recommended Use: Take one capsule 1-3 times per day with or after a meal or as directed by your healthcare practitioner



Consult with your Integrative Holistic Health Coach or other healthcare provider about your specific circumstances and any questions you may have.
*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, but may be beneficial as part of a total health program.

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