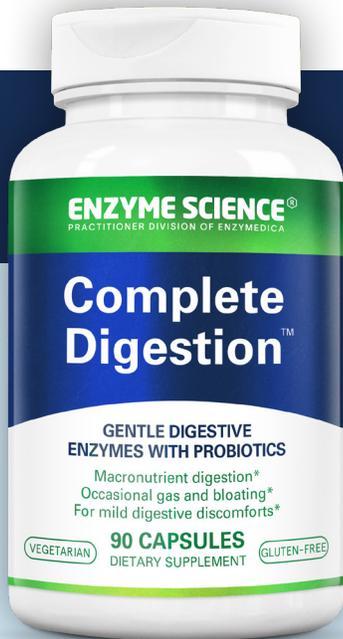


# ENZYME SCIENCE®

PRACTITIONER DIVISION OF ENZYMEDICA



## Complete Digestion™

### Gentle Digestive Enzymes with Probiotics

Between 30% and 40% of adults experience occasional indigestion and abdominal discomfort.<sup>1</sup> However, research shows that supplementing with digestive enzyme supplements can significantly reduce abdominal discomfort and bloating.\*<sup>2</sup> Studies have also concluded that supplements that combine enzymes with probiotics also show great promise for overall digestive health.<sup>3</sup>

Complete Digestion™ combines gentle digestive enzymes with guaranteed-potency probiotics for mild to moderate digestive discomforts.\*

#### How Enzymes Support Digestion\*

The body naturally produces digestive enzymes, which break down food into nutrients and molecules small enough for the body to absorb and use for metabolism of energy, growth and cell repair.<sup>4</sup> It takes adequate amounts of digestive enzymes to properly digest food and assimilate the nutrients. Age takes a toll on digestive enzyme production, as do factors such as the standard Western diet.

Insufficient enzyme supplies can slow down the digestive process, causing food to remain undigested or partially digested in the stomach. Inefficient or slower digestion can cause abdominal discomfort and occasional constipation, due to the gas produced when bacteria ferment undigested carbohydrates in the colon.<sup>5</sup> Slow digestion can also cause reduced nutrient absorption. However, digestive enzyme supplements offer support without impacting the body's natural production of enzymes.\*

#### The Digestive Enzymes in Complete Digestion™

Formulated for mild to moderate digestive discomforts, Complete Digestion™ delivers gentle yet potent enzymes to break down macronutrients. We include enzymes that digest carbohydrates, protein, fiber, fat and dairy.\* Since enzymes work at different pH levels, Enzyme Science includes multiple variants of many enzymes. Our Thera-blend® enzymes provide extra-strength meal digestion.\* We ensure they can get where they need to go – so they can get to work.

The formula includes dipeptidyl peptidase IV (DPP-IV), proven break down moderate amounts of gluten (a protein in wheat, rye and barley) and casein (dairy protein).\*<sup>3,6</sup>

Lactase is known to significantly reduce the onset of occasional bloating, gas and abdominal discomfort by efficiently digesting lactose (milk sugar).<sup>7</sup> Randomized, placebo-controlled trials have shown that alpha galactosidase breaks down carbohydrates into easily digestible sugars to reduce gas production and related abdominal symptoms in adults.\*<sup>10,11,12</sup>

Cellulase is a category of enzymes the body does not produce. These enzymes must be consumed in foods or as a supplement. Critical Digestion™ includes cellulase, pectinase and hemicellulase enzymes to digest fiber molecules in plant cell walls, to better assimilate plant-based nutrients.

- For mild digestive discomforts\*
- Macronutrient digestion\*
- Occasional gas and bloating\*

With Thera-blend® enzymes and 8 diverse strains of shelf-stable probiotics (125 million CFU per capsule).

Complete Digestion™ combines gentle digestive enzymes with guaranteed-potency probiotics. Thera-blend® enzymes work synergistically across the diverse pH range of the GI tract. Relieves occasional gas, bloating and indigestion, and increases energy and nutrient absorption.\* For mild to moderate digestive discomforts.\*

### SUPPLEMENT FACTS

#### Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 30

Amount Per Serving		%DV
Amylase Thera-blend®	11,500 DU	**
ATPro® (ATP, Magnesium Citrate, Phytase, CoQ10)	78 mg	**
Protease Thera-blend®	45,000 HUT	**
Glucoamylase	25 AGU	**
DPP-IV	100 DPPU	**
Pectinase	75 Endo-PGU	**
Lactase	800 ALU	**
Lipase Thera-blend®	1,500 FIP	**
Cellulase Thera-blend®	500 CU	**
Alpha Galactosidase	100 GalU	**
Maltase	100 DP°	**
Invertase	305 SU	**
Probiotic Blend DE111® <i>Bacillus subtilis</i> , <i>Lactobacillus paracasei</i> , <i>L. plantarum</i> , <i>L. gasseri</i> , <i>L. rhamnosus</i> , <i>L. casei</i> , <i>L. acidophilus</i> DDS-1, <i>L. bulgaricus</i>	125 Million CFU	**
Xylanase	100 XU	**

\*\* Daily Value (DV) not established

#### OTHER INGREDIENTS:

100% vegetarian capsule (cellulose, water)

**CONTAINS NO:** dairy, egg, preservatives, salt, sucrose, soy, wheat, yeast, nuts, corn, gluten, casein, potato, artificial colors or flavors.

#### RECOMMENDED DOSAGE:

1 capsule per meal with the first bite of food. More may be taken as recommended by a healthcare practitioner.



## The Difference is Thera-blend®

Enzyme Science® Complete Digestion™ is formulated with a proprietary technology known as Thera-blend®, to deliver multiple enzymes that work synergistically across the entire pH spectrum of the GI tract. This proven technology gives Enzyme Science formulas superior potency. Our enzymes can survive the acidic and alkaline environments of the GI tract, so they can get to where they're needed.

## With Guaranteed-Potency Probiotics

The gut microbiome houses roughly 40 trillion bacterial cells, and each strain plays a different role in digestion and overall health.<sup>8</sup> Increased levels of methane and hydrogen byproducts of microbes in the gut contribute to gas and abdominal discomfort.<sup>9</sup> Research suggests probiotic supplementation may balance and restore the gut microbiome to its optimal state and alleviate these discomforts.<sup>\*7</sup> Complete Digestion™ delivers 125 million CFU of a shelf-stable multi-strain blend. We use a lactic acid bacteria and Bacillus subtilis blend featuring DE111, which has demonstrated an improvement in GI symptoms and bowel habits.\*

## About ATPPro™

Metabolic reactions utilize nutrients to produce ATP (adenosine triphosphate), the body's energy source. ATP powers cellular or enzymatic reactions that require power, and it is vital for muscle contraction during digestion. The enzyme phytase releases phosphate, required for ATP synthesis, from the phytic acid found in foods. Coenzyme Q10 is fundamental in ATP production, and ATP must bind to magnesium to be biologically active.<sup>13,14</sup> Replenishing ATP and supporting ATP production through the actions of CoQ10, magnesium citrate and phytase from ATPPro™ further promotes digestive health and energy.\*

## Complete Digestion™ for Optimal Health \*

Optimal health starts with optimal digestion. That requires sufficient enzymes to break down the foods we eat and provide the nutrients the body needs to maintain health and wellness. The gentle digestive enzymes and guaranteed-potency probiotics in Complete Digestion™ are formulated for the most sensitive people, with support for mild to moderate digestive discomforts.\*

Note: For maximum-strength digestive support, Critical Digestion™ combines the highest-potency digestive enzymes with guaranteed-potency probiotics.

## References

- 1 H.B. El-Serag, N.J. Talley. (2004) Alimentary Pharmacology and Therapeutics. 19(6):643-54.
- 2 Sender, R., Fuchs, S., Milo, R. (2016). PLOS. 14(8): e1002533.
- 3 Ianiro, G., et al. (2016). Current drug metabolism, 17(2), 187–193.
- 4 Whitney, E., Rolfes, R. (2016). Understanding Nutrition, Fourteenth Edition. Stanford, CT: Cengage Learning.
- 5 Keller, J., Layer, P. (2014). Gastrointestinal Medicine and Surgery. 30: 150-154.
- 6 Ehren J, et al. PLoS One. 2009 Jul 21;4(7):e 6 313.
- 7 DiPalma, J.A., Collins, M.S. Journal of Clinical Gastroenterology. 11(3), 290-3.
- 8 Pozuelo, et al. Scientific Report. 5: 1269 3 .
- 9 McFarland L. V. (2014). BMJ Journals. 4(8):e005047.
- 10 Di Nardo, G. et al. (2013). BMC Gastroenterology, 13, 142.
- 11 Ganiats, T.G. et. al. (1994). Journal of Family Practice. 39:441-445.
- 12 Di Stefano M., et al. Dig Dis Sci. 2007 Jan;52(1):78-83. Epub 2006 Dec 7.
- 13 Ko, Y.H. Journal of Biological Chemistry. 274(41), 28885 3-6.
- 14 Garrido- Maraver, J., et al. (2014) . Molecular syndromology, 5(3-4), 187–197



As the practitioner division of Enzymedica, America's #1 digestive enzyme company, we know you trust us to help your clients – our integrity and quality reflect the values of your practice. This is our promise.

# ENZYME SCIENCE®

## CONTACT US

EMAIL [orders@enzyscience.com](mailto:orders@enzyscience.com) PHONE +1 855 281 7246

ENZYSOURCE.COM 771 Commerce Drive, Venice, FL 34292-1731

\*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.