A Naturopathic Approach to a Healthy Digestive System

**Digestive Enzymes™**

Breakdown and absorption of the nutrients in our foods are both dependent on enzymatic transactions and are essential to health. The body utilizes different enzymes for various types of food components.

This formula contains digestive enzymes along with other supportive ingredients to help maximize the nutrient value obtained from food. The formula is a combination of plant and animal derived enzymes.

**Pancreatin** is one of the digestive secretions of the pancreas. It is a mixture of enzymes consisting of proteases (protein-digesting), amylase (starch-digesting) and lipase (fat digesting).

**Amylase** is an enzyme which works to break down carbohydrates, such as starches. One of the more potent digestive enzymes, amylase is found in both pancreatic secretions and in saliva.

**Lipase** is the enzyme that deals with the breakdown of fats in the digestive system.

**Trypsin** and **Chymotrypsin** are two pancreatic enzymes which aid in the breakdown of protein.

**Papain** and **Bromelain**, enzymes found in papaya fruit and pineapple respectively, play key roles in the digestion of protein.

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**Fiber & More™**

Fiber is a critical part of the diet. It is comprised of components of plant materials that are resistant to human digestive enzymes.

Fiber functions in the digestive process from the very beginning of the process — the mouth. Through chewing, the mouth stimulates saliva flow, which initiates the flow of digestive juices.

Fiber enters the stomach, contributing bulk as water is absorbed. Pectins and gums increase the thickness of stomach contents, which gives a feeling of fullness and slows down the emptying of the stomach. Fiber thus performs a unique service to the body by contributing to the maintenance of normal bowel movement.

The formula is a blend of soluble and insoluble fibers along with digestion-supportive herbs.

**Rice Bran** and **Psyllium Husks** work in essentially the same manner and are recognized as exceptional sources of dietary fiber. The small particles of husks and bran are non-digestible.

**Flax Seed** provides a balance of soluble and insoluble fiber.

**Pectin** is a substance found in fruits and vegetables. It adds bulk to the diet and is important to the function of the bowels. **Apple Pectin** and **Pumpkin Seed** are predominantly soluble fiber.

**Marshmallow Root** and **Okra Leaf** are mucilaginous herbs and are considered soothing to the digestive tract.

**Garlic** and **Dandelion Root** provide pre-biotics.

**Butternut Root** has a mild laxative effect.

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**Supplement Facts**

**Serving Size:** One (1) Capsule

**Amount Per Serving**

<table>
<thead>
<tr>
<th>Proprietary Blend</th>
<th>401 mg</th>
<th>* Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pancreatin** (4X USP***), Papain (from Papaya), Anise Fruit (Pimpinella anisium), Fennel Seed (Foeniculum vulgare), Rutin, Bromelain (from Pineapple) (2400 GDU***)/(gm), Trypsin, Amylase (Aspergillus oryzae), Lipase (Rhizopus oryzae) and L-Chymotrypsin</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Daily Value not established.

**OTHER INGREDIENTS:** Gelatin, Rice Flour and Vegetable Magnesium Stearate.

**Pancreatin Enzyme Profile:**

- Amylase .............. 100 USP*** units/mg
- Lipase ............... 20 USP*** units/mg
- Protease .......... 100 USP*** units/mg

***United States Pharmacopeia units of enzyme activity

****Gelatin Decomposition Units

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**Supplement Facts**

**Serving Size:** Six (6) Tablets

**Amount Per Serving**

<table>
<thead>
<tr>
<th>Dietary Fiber</th>
<th>2.68 g</th>
<th>10%*</th>
</tr>
</thead>
</table>

**Proprietary Blend**

- Rice Bran (Oryza sativa), Flax Seed (Linum usitatissimum), Psyllium Seed Husk (Plantago psyllium), Apple Fruit, Garlic Bulb (Allium sativum), Pumpkin Seed (Cucurbita pepo), Butternut Root Bark (Juglans cinerea), Dandelion Root (Taraxacum officinale), Marshmallow Root (Althea officinalis) and Okra Leaf (Abelmoschus esculentus)

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

**OTHER INGREDIENTS:** Dicalcium Phosphate, Microcrystalline Cellulose, Stearic Acid, Modified Cellulose Gum, Vegetable Magnesium Stearate, Silicon Dioxide and Clear Coating (Hydroxypropyl Methylcellulose).

Contains tree nut (Butternut).

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A Naturopathic Approach to a Healthy Digestive System

**Paraherbs™**

This is a traveler’s companion when going abroad. It is the ideal product to take with you for its intestinal benefits.

Providing specialized support for the integrity and cleansing of the intestines, this formula is a distinctive and effective all-herbal blend.

**Butternut** and **Black Walnut** tonify the intestinal lining thereby supporting the immune system and healthy gut flora.

The formula contains an array of herbs to help to cleanse the intestinal tract: **Papaya Seeds** • **Garlic** • **Black Walnut** • **Clove** • **Pau d’Arco** • **Pumpkin** • **Wormseed**.

**Papaya Seeds** are used widely in tropical countries for detoxification.

**Wormseed** is a safer alternative to wormwood.

The fibers (both soluble and insoluble) present in all of these herbs help to move waste through the intestines by supporting peristaltic motion.

**Butternut** in particular acts to physically sweep the intestines. It also contains tannins that help to tonify the intestines.

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**Antisid™**

These chewable wafers have a delicious wild cherry flavor.

The blend of ingredients is formulated with Calcium, well known as a buffering agent or acid neutralizer.

A blend of herbs all known for their support for gastric and digestive processes:

**Cabbage Powder**
**Marshmallow Root**
**Slippery Elm**
**Fennel Seed**
**Licorice Root**
**Okra Leaf**

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**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: One (1) Veggie Capsule</th>
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</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
</tr>
<tr>
<td>Proprietary Blend</td>
</tr>
<tr>
<td>Black Walnut Hull (Juglans nigra), Garlic Bulb (Powder Concentrate) (Allium sativum), Papaya Seed (Carica papaya), Pau d’Arco Bark (Tabebuia impetiginosa), Pumpkin Seed (Cucurbita pepo), Butternut Root Bark (Juglans cinerea), Clove (Flower Bud) (Caryophyllus aromaticus), Wood Betony (Herb) (Stachys officinalis) and Epazote (Whole Herb) (Chenopodium ambrosioides var. anthelminticum)</td>
</tr>
</tbody>
</table>

*Daily Value not established.

OTHER INGREDIENTS: Hypromellose (capsule), Rice Flour and Leucine.

Contains tree nuts (Black Walnut and Butternut).

CAUTION: Not to be taken by pregnant or lactating women. Keep out of reach of children.

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**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: One (1) Chewable Wafer</th>
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</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
</tr>
<tr>
<td>Proprietary Blend</td>
</tr>
<tr>
<td>Cabbage Powder (Leaf) (Brassica oleracea var. capitata), Marshmallow Root (Althaea officinalis), Slippery Elm Bark (Ulmus fulva), Fennel Seed (Foeniculum vulgare), Licorice Root (Glycyrrhiza glabra), Okra (Leaf) (Hibiscus esculentus) and Wild Cherry Bark (Prunus serotina)</td>
</tr>
</tbody>
</table>

*Percent daily values are based on a 2,000 calorie diet.

**Daily Value not established.

OTHER INGREDIENTS: Fructose, Stearic Acid, Natural Cherry Flavor, Vegetable Magnesium Stearate and Silicon Dioxide.

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