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.

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.

### Supplement Facts

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Proprietary Blend</td>
<td>401 mg *</td>
</tr>
<tr>
<td>Pancreatin** (4X USP***), Papain (from Papaya), Anise Fruit (Pimpinella anisum), Fennel Seed (Foeniculum vulgare), Rutin, Bromelain (from Pineapple) (2400 GDU****/gm), Trypsin, Amylase (Aspergillus oryzae), Lipase (Rhizopus oryzae) and L-Chymotrypsin</td>
<td>*Daily Value not established.</td>
</tr>
</tbody>
</table>

*Other Ingredients: Gelatin, Rice Flour and Leucine.

**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

### Supplement Facts

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dietary Fiber</td>
<td>2.68 g 10%*</td>
</tr>
<tr>
<td>Proprietary Blend</td>
<td>4.1 g (4096 mg) **</td>
</tr>
<tr>
<td>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)</td>
<td>**Daily Value not established.</td>
</tr>
</tbody>
</table>

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

**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.
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) Chewable Wafer</th>
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</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
</tr>
<tr>
<td>-------------------------------------</td>
</tr>
<tr>
<td><strong>Calories</strong></td>
</tr>
<tr>
<td>Calories from Fat</td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
</tr>
<tr>
<td>Saturated Fat</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
</tr>
<tr>
<td><strong>Total Carbohydrates</strong></td>
</tr>
<tr>
<td>Dietary Fiber</td>
</tr>
<tr>
<td>Sugars</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
</tr>
<tr>
<td><strong>Calcium (as Calcium Carbonate)</strong></td>
</tr>
<tr>
<td><strong>Proprietary Blend</strong></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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**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: One (1) Veggie Capsule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
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<tr>
<td>--------------------------------------</td>
</tr>
<tr>
<td><strong>Proprietary Blend</strong></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) (Caryophyllum aromaticum), Wood Betony (Herb) (Stachys officinalis) and Epazote (Whole Herb) (Chenopodium ambrosioides var. anhemindicum).</td>
</tr>
</tbody>
</table>

*Daily Value not established.

OTHER INGREDIENTS: Hypromellose (capsule), Rice Flour and Vegetable Magnesium Stearate.

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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