

1) DIGESTIVE ENZYMES

Enzalase® is an ultra-potent, multi-enzyme, dietary supplement containing only FDA approved G.R.A.S. digestive enzymes of plant origin. The individual enzyme activities in Enzalase® are balance-formulated to boost the body's ability to digest all food groups in a meal while simultaneously stimulating probiotic bacteria.

2. HIGH LIPASE

A high lipase content improves the activity of all digestive enzymes by effectively removing the fat coating that surrounds chyme (food mixture) when it leaves the stomach and enters the small intestine. A fat free chyme is more available to the amylase, protease and cellulase group enzymes allowing them to perform more effectively.

Enzalase® contains an effective 6,000 FIP Lipase Units per capsule. EnzaStim® boosts the activity of lipase by assisting in fat emulsification (patent pending).

3. ACID-PROOF ENTERIC PROTECTION

The enzymes in Enzalase® are protected from stomach acid by a gel matrix composed of food grade sodium alginate (U.S. Patent 9,011,843). The gel matrix forms in the stomach at low pH and dissolves in the small intestine at high pH, allowing acid sensitive enzymes to reach the intestinal tract at full strength. The gel matrix also functions to hold the enzymes together allowing some to deep-release in the intestinal tract, providing secondary digestive support.

4. PROBIOTIC STIMULATION

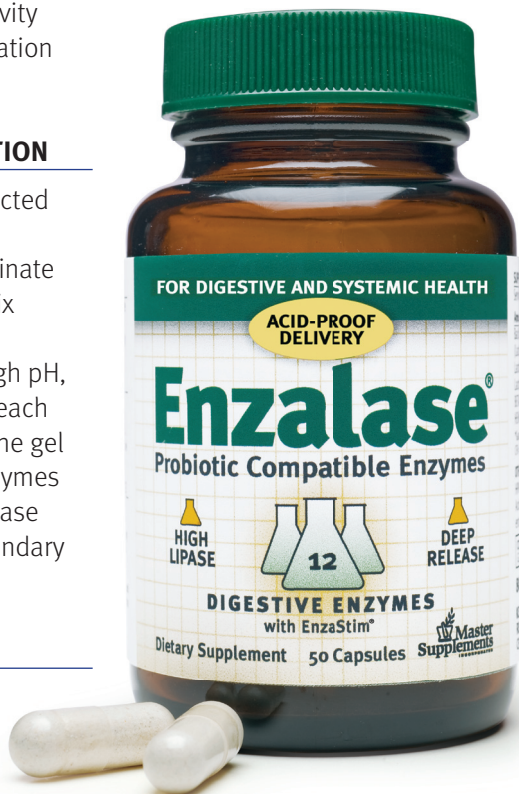
Enzalase® capsules contain strong cellulase, hemicellulase, and pectinase (fiber digesting enzymes) activity. These act

TABLE 1: ENZYME COMPOSITION OF ENZALASE™

ENZYME	ACTIVITY: UNITS/CAPSULE	DIGESTIVE FUNCTION*
Alpha-Amylase	5,000 SKB	Digests various starch based carbohydrates
Alpha-Galactosidase	165 GalU – FCC Method	Digests raffinose and other “gassy” carbohydrates
Bromelain Protease	200 GDU	Digests proteins; has anti-inflammatory effects
Cellulase	3,000 CU – FCC Method	Digests cellulose in vegetables, releases prebiotics
Glucoamylase	5 AG – FCC Method	Frees glucose from starch, works with alpha-amylase
Hemicellulase	6,400 HCU	Digests non-starch polysaccharides, frees prebiotics
Invertase	400 SU	Splits sucrose (table sugar) into fructose & glucose
Lactase	1,000 ALU – FCC	Digests lactose (milk sugar), reduces gas
LIPASE	6,000 FIP Lipase Units	Digests fats and oils, helps other enzymes function
Neutral Protease	5,800 HUT	Digests proteins deep within intestinal tract
Papain Protease	42,500 TU	Digests proteins, synergistic with Bromelain
Pectinase	7,500 AJDU (26.25 Endo-PG Units)	Digests fruit pectins, releases prebiotics

* See www.enzalase.net for more information.

together on vegetable and grain fibers to release prebiotics that serve as nutrients for probiotic bacteria. In particular, Bifidobacteria probiotics respond favorably to bifidogenic effects created by Enzalase®.



5. FUNCTIONAL ACTIONS

High potency digestive enzyme supplements such as Enzalase® are indicated for a number of functional conditions that may include the following:

- ✔ Lactose intolerance
- ✔ Occasional constipation
- ✔ Food allergies that come on with age
- ✔ Occasional heartburn & poor digestion
- ✔ Poor nutrient absorption
- ✔ Bloating and excess intestinal gas
- ✔ Indigestion and prolonged fullness after a meal
- ✔ Various intestinal dysbiosis conditions

The most common response to taking Enzalase® is improved digestion and greater intestinal comfort after a meal. Improved regularity with reduced bloating and intestinal gas are also reported along with enhanced energy and a greater feeling of wellness.

DOSING INFORMATION

6. USE PROGRAMS

Enzalase® capsules should be taken with a full glass of water. For Improved Digestion, take one capsule before each meal as required. For Probiotic Stimulation, take one capsule before the largest meal of the day. A person taking **Enzalase®** for Improved Digestion will also achieve Probiotic Stimulation.

For Systemic Health, take one capsule daily between meals on an empty stomach. **Enzalase®** high potency, **Acid-Proof™** formula (protected by U.S. Patents 7,122,370 and 7,229,818) permits one capsule to be effective in most situations; up to two capsules can be taken for enhanced systemic effects. .

Enzalase® can be taken with probiotics such as **Theralac®** (see www.theralac.com); it is best to take them 3 hours apart.

7. FOR YOUNG CHILDREN:

Enzalase® capsules can be opened and gently mixed or folded into cereal or applesauce and given to children that cannot swallow capsules. About 50% of the patented Acid-Proof Enteric Protection will be retained. Always consume **Enzalase®** immediately after mixing in food. Check with your doctor before giving an enzyme supplement to a child.

8. ADVERSE REACTIONS

1) HERXHEIMER REACTION

The digestive enzymes in **Enzalase®** are food grade and generally recognized as safe (G.R.A.S.) by the United States FDA. Since **Enzalase®** is a high potency enzyme formulation, it may cause some die off of pathogenic microorganisms such as Candida yeast. This can result in moderate discomfort (bloating, gas, headache) for a short time, as the harmful microorganisms die and release their toxic byproducts faster than the body can eliminate them – this is called the Herxheimer Reaction. Drink lots of water and eat light if you experience this reaction. If symptoms persist discontinue use and consult your doctor.

9. ALLERGIC REACTIONS

Enzalase® does not contain: Milk, Eggs, Soy, Gluten, Wheat, Casein, Tree Nuts, Peanuts, Seafood, or Beef Products. The **EnzaStim®** in **Enzalase®** contains sunflower lecithin and oleic acid, both classified G.R.A.S. by the FDA. Sodium alginate is a food grade polysaccharide that renders **Enzalase® Acid-Proof™** (patented). Microcrystalline cellulose and magnesium stearate (vegetable source) are inert ingredients that permit enzymes to be filled into capsules. Consult with your doctor before taking **Enzalase®** if you have specific allergic sensitivities.

10. DRUG INTERACTIONS

Some prescription drugs (such as peptide or protein drugs) may be degraded or adversely affected by digestive enzymes. Check with your doctor or pharmacist before taking v if you are taking prescription medications.

11. HOW SUPPLIED

Enzalase® is supplied in 450 mg, size “o” vegetable-capsules, 50 capsules per bottle. The capsules are a light tan color. **Totally Inert Packaging (TIP)** technology is utilized to provide maximum stability and shelf life: Capsules are packaged in hermetically sealed amber glass bottles containing moisture and oxygen absorption packets. Keep bottles tightly closed. Refrigerate to assure potency through expiration date; **Enzalase®** can be kept at room temperature (up to 80F) for up to two months.

TABLE 2: DOSAGE PROGRAMS FOR ENZALASE®

PROGRAM	CAPSULES/DAY	INSTRUCTIONS*
Improved Digestion	One /meal as required	Take one capsule before each meal
Probiotic Stimulation	One /day	Take one capsule daily with largest meal
Systemic Health	One /day	Take one capsule daily between meals