



Naturemedies UK, EU & USA. A brand of E-Macro Initiatives
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Naturemedies Enzymes Digestive Boost Complex

PLANT-DERIVED DIGESTIVE ENZYMES WITH HERBS AND NATURAL DIGESTIVES



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Naturemedies Enzymes Digestive Boost is a high-strength supplement which combines a broad spectrum range of plant-derived digestive enzymes with carminative, anti-spasmodic and gut-soothing herbs. A unique blend to aid the digestive system naturally.

As recommended by naturopath Max Tomlinson in Marie Claire magazine for bloating and digestion.

Digestive enzymes are important because they enable us to break down proteins, carbohydrates and fats into their raw components in order to make the nutrients available for absorption and utilisation.

Each person has a finite reserve of enzymes, which can be in short supply during times of stress, illness or as we get older. Over time, poor digestion can lead to nutrients malnutrition and a range of ailments.

About the ingredients

The enzymes

Betaine hydrochloride:

An acidic form of betaine - a vitamin-like substance found in grains and other foods. Used to provide hydrochloric acid as an aid to digestion, as production seems to decline with age. A deficiency of gastric acid secretion increases the likelihood of certain bacterial and parasitic intestinal infections. Too little hydrochloric acid also impairs digestion of foods (especially protein) and the ultimate absorption of nutrients.

Amylase:

An enzyme that helps to digest carbohydrates.

Protease 3 and 4.5:

Proteases are enzymes that break the peptide bonds of proteins; they are divided into acid, neutral, and alkaline proteases.

Lipase:

A fat digestion enzyme. People with pancreatic insufficiency require lipase.

Bromelain:

A proteolytic protein and high-fat meals digestion enzyme derived from the stem of the pineapple plant. Used as a digestive aid, anti-inflammatory, smooth muscle relaxant and anti-oedema. It inhibits the production of prostaglandins associated with inflammation and pain, while promoting the formation of prostaglandins with anti-inflammatory actions. Also assists in reducing mucous congestion. Ideally taken with turmeric for digestive problems. It can also aid the absorption of curcumin, the active component in turmeric.

Papain:

A protein-digesting enzyme found in papaya fruit.

The herbs and digestives

Turmeric root:

An aromatic, stomachic, antioxidant, carminative and bile stimulant. Supports the body's anti-inflammatory actions, liver function and bile flow. Helps to reduce loose motions and flatulence.

Alfalfa:

This sprout contains alkaloids, isoflavones, coumarins and sterols, as well as 8 essential enzymes: - amylase (digests starches), coagulase (coagulates milk), invertase (converts sugar into dextrose), emulsin (acts upon sugars),

peroxidase (oxidases blood), lipase (fat-splitting enzyme), pectinase (forms a vegetable jelly from pectin) and protease (digests protein).

Apple cider vinegar:

A natural detoxifier, antiseptic, anticatarrhal, bitter agent, digestive aid and anti-microbial. Helps to digest and sterilise foods eaten, while cleansing the colon and helping to regulate hydrochloric acid levels. Used to aid digestion and to stimulate stomach acid and digestive enzymes.

Caraway seed:

Anti-microbial, anti-spasmodic and carminative (anti-flatulence).

Chamomile flower:

This herb has a relaxing and calming effect on inflamed areas of the gut.

Fennel seed:

A carminative, anti-spasmodic, digestive and gut-soother.

Ginger root:

Actions include anti-inflammatory, carminative, anti-spasmodic, expectorant, vasodilator, circulatory system stimulant and anti-cholesterol.

Peppermint leaf:

A well-known digestive agent, antiseptic, peripheral vasodilator and enzyme activator. Also a source of magnesium and potassium. a carminative and anti-spasmodic. Helps to soothe the gut lining.

Usage:

Take 1 or 2 capsules with each main meal or as advised by a health professional.

Warning: Do not take if peptic ulcers are present.



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