

Essentialzymes-4

Frequently Asked Questions

Q. Why do I need to supplement my enzyme level?

To Combat the Modern-Day Diet

Food is the first step in a healthy body. But modern-day life and accessibility makes it harder to maintain a healthy diet. (Ex. Fast foods, processed foods, alcohol, oily/high sugar/calorie food). Our daily food intake influence the body's natural enzyme activity.

Decline of Enzymes with Aging

As we age, the body's ability to produce digestive enzymes naturally declines. We lose the ability to properly break down food (Ex. undigested food passes into the colon, where it causes bloating, gas, diarrhea, and cramping) The digestive tract also loses the ability to tolerate the effects of excess calories, especially the fried, fast foods that are part of the modern-day diet.

Supplementing Our Lifestyle

Living an inactive, sedentary lifestyle, and not getting proper nutrients can all have a negative impact on your pancreas (which most of the digestive enzyme production happens), and therefore, a negative impact on the enzymes it produces. A healthy level of digestive enzymes also supports a healthy immune system and healthy skin.

Q. What does Essentialzymes-4 do?

A multi-spectrum enzyme complex especially formulated to aid the critically needed digestion of dietary fats, proteins, fiber, and carbohydrates commonly found in the modern processed diet. Enzymes improve the absorption and assimilation of nutrients in the body.

Essentialzymes-4 aids digestion with dual enzyme capsules infused with Ginger, Fennel, Tarragon, and Anise premium essential oils. These capsules use time-release technology.

Q. What makes Essentialzymes-4 different?

Aids the digestion of fats, proteins, fiber and carbohydrates

Enzymes are needed to breakdown the food that we eat. It facilitates the absorption and assimilation process of digestion. Each class of enzyme in Essentialzymes-4 targets the breakdown of specific food:

Key Enzymes

- Lipase – digest fats
- Amylase – digest carbohydrates
- Protease – digest protein
- Cellulase – digest fiber

Proteolytic Enzymes from Fruits

- Bromelain – digests protein, from pineapple
- Papain – digests protein, from Papaya

Utilizes dual targeted time-release technology

There are 2 types of enzymes separated in different capsules (plant-based enzymes and animal-based enzymes). These 2 are taken together but are released at separate times within the digestive tract.

Formulated with a unique blend of essential oils

The dual enzyme capsules are infused with Ginger, Fennel, Tarragon, Rosemary and Anise premium essential oils. Almost all oils are also found in the DiGize essential oil blend.

Q. What's the difference between the 2 capsules of Essentialzymes-4?

Plant-Based Enzyme

- Yellow colored capsule
- Designed to release immediately upon entering the stomach, where the environment is conducive to the digestion of plant material.
- The capsule releases immediately upon entering the stomach where the pH is broad, acidic (4.0-6.5 pH), and better suited for plant-based enzyme absorption. It disintegrates within 20 minutes of entering the stomach.
- Contains Proteases, Amylase and Phytase (breakdown of protein and starch)

Animal-Based Enzyme

- White colored capsule
- Designed to target release in the lower intestine region, where the environment is better suited for the digestion of animal fats and proteins.
- The delayed release capsule releases in the lower intestine where the environment is more alkaline (7.0-8.5 pH) and better suited for animal enzyme absorption. It disintegrates 2 hours after consumption.
- Contains Lipase (breakdown of fats)

Q. How should I take the product?

Take 2 capsules (one dual dose blister pack: one yellow + one white capsule), two times daily (total of 4 capsules).

Take 15 minutes before or after your largest meals to support the body's overall enzyme activity and support healthy bodily function.

Note: If you are pregnant, nursing, taking medications, or have medical conditions, consult a health professional prior to use. Keep out of reach of children.

Q. Why should dosage be 2 capsules?

The yellow capsule is an immediate release and disintegrates within 20 minutes after entering the stomach. The natural-colored capsule is a delayed release that disintegrates 2 hours after consumption.

Q. Is this product appropriate for use by vegetarians or vegans?

Essentialzymes-4 is not a vegetarian option.

Q. Is this product allergen free?

It does not contain common allergens like yeast, dairy, or gluten.

Q. Is the product Halal?

The product is not Halal. It contains pork.

Q. Is there any pork in this product?

Yes, the animal-based enzyme capsule includes pancreatin which is derived from porcine (pig).

Q. What is the difference between Essentialzyme and Essentialzymes-4?

Essentialzyme's main purpose is to assist with healthy pancreatic function. Essentialzymes-4 main function is to aid digestion of fats, proteins, fiber, and carbohydrates. If you decide it is necessary, you can take both Essentialzyme and Essentialzymes-4. You may want to contact your personal healthcare provider to decide which product, or if both would be well suited to your individual health needs.

Q. How do Essential Probiotics Plus and Essentialzymes-4 work together?

maintenance. Probiotics are live organisms that make up the good bacteria in your gut. They help keep your digestive tract healthy, probiotics support the work your enzymes do. Unlike enzymes, probiotics do not have the ability to break down or digest food components. It is safe to take digestive enzymes and probiotics together.

Essential Probiotics Plus

- Probiotics are live organisms that make up the good bacteria in your gut, maintaining a good gut flora
- Probiotics are known for their ability to promote a healthy balance of gut bacteria, which can improve digestion and support overall well-being
- To be taken on an empty stomach, at least 30 minutes before a meal
- **Long-term Gut Health Maintenance**

Essentialzymes-4

- Enzymes have the ability to break down or digest food components to be absorbed and utilized by the body
- Enzymes can be useful for people who have digestive enzyme deficiencies or sensitivities. Best to use daily or when intaking too much of certain foods (Ex. Processed, oily, meaty, sweet meals)
- To be taken 15 minutes before or after big meals
- **Daily Digestive Maintenance**

Q. What do the Protease (3.0,4.5,6.0) designation numbers mean?

The numbers refer to where each protease enzyme is effective in the digestive tract. 3.5, 4.0, and 6.0 are directly related to the pH in the intestinal tract. Protease 3.0 functions optimally at a pH of 3.0. Protease 4.0 functions optimally at 4.0 etc.

Q. Why is cellulase needed in this product?

Cellulase was added to the formula to breakdown cellulose and plant material. While not need for everyone, it can assist individuals who have gas or bloating caused by fiber.

Q. Can the powder be removed from the capsules and taken another way?

It is highly directed that consumers use this product as directed on the package and do not remove the enzyme powders from either capsule.

Q. Why does this product cause urine to be very yellow?

It contains riboflavin, a water-soluble vitamin that can cause yellowing of the urine. Please rest assured that there is no harm associated with this reaction and it is merely your body's natural reaction to this vitamin.

Q. Why does this product use isolated vitamins (riboflavin)?

Riboflavin is a water-soluble B vitamin, also known as vitamin B2. In the body, riboflavin is primarily found as a part of coenzymes. Coenzymes derived from riboflavin are termed flavocoenzymes. Flavocoenzymes are vital when it comes to the metabolism of carbohydrates, fats, and proteins. In addition to nutrient metabolism, flavocoenzymes also help in the metabolism of drugs, toxins and several vitamins (B6, Niacin, folic acid etc.). Riboflavin also gives the capsule a nice yellow color – so it also serves as a colorant (but this is not its primary function).

Q. Are there any allergen concerns with bee pollen?

While this product is well-tolerated, there may be a concern for those with existing allergies to pollens, most specifically in the plant family of Astreaceae (chrysanthemum, dandelion, radweed, mugwort, etc.). As with any new supplement, we recommend speaking to your doctor prior to starting.

Q. Do I need to refrigerate Essentialzymes-4?

Refrigeration is not needed. Keep the product in a cool and dry place.

