Digestion Enhancement Enzymes™

Digestive Enzymes

Enzymes are protein molecules that catalyze (i.e., increase the rates of) chemical reactions in our body. In a sense, enzymes are the physical molecules that transmit "life force energy" into the physical world. There are an estimated 50,000 different types of enzymes in the human body that do all the work required to keep our bodies functioning. Truly, life as we know it would not exist without enzymes.

The human body produces a specific class of enzymes called digestive enzymes that assist with the digestion of the macronutrients in our food. Protease enzymes break down protein into amino acids, amylase enzymes break down carbohydrate/starch into sugars, and lipase enzymes break down fat into fatty acids. These three types of enzymes break down the majority of the common food groups, making the nutrients in our food available for absorption into our bloodstream.

Digestive System 101

When we chew our food, our body releases amylase and small amounts of lipase in our saliva to begin the process of digestion for fats and carbohydrates. These salivary enzymes are most active in the slightly alkaline pH of our saliva. When food reaches our stomach, these salivary enzymes are slowly deactivated as stomach acids are secreted. Our stomach secretes the protein digestive enzyme pepsin, active in the acidic environment of the stomach, to begin protein digestion. Food generally leaves our stomach in a liquefied state known as chyme and enters the small intestine. Here, our pancreas secretes bicarbonate fluid which neutralizes the acidic chyme, as well as various proteases, amylases and lipases that allow us to continue to digest proteins, carbohydrates and fats in the pH neutral to slightly acidic environment of our intestinal tract. The final stages of digestion are accomplished by digestive enzymes secreted by our brush border epithelial cells and intestinal microbes.

The Need for Digestive Enzymes

Raw (uncooked) foods contain food enzymes that can assist us in digesting our food. When you chew up a raw carrot, for example, the food enzymes are activated and help you digest the carrot, effectively reducing the amount of digestive enzymes your body needs to secrete to accomplish proper digestion. When we cook food, however, all the food enzymes in the food are usually destroyed, and we must rely on our body's ability to secrete adequate digestive enzymes to digest the food properly.

There are a number of factors that may interfere with your body's ability to produce adequate levels of digestive enzymes. As we age, our ability to secrete digestive enzymes decreases. This age-related decline in digestive enzyme secretion can be hastened by frequently chewing gum. Every time you use chewing gum, your body is fooled into thinking food is coming, and the various digestive organs begin secreting digestive enzymes in response, slowly exhausting their ability to do so for your real meals. In addition, stress dramatically suppresses our body's ability to secrete digestive enzymes, as the "fight or flight" adaptive response shunts our body's energy away from things like the immune and digestive systems and into our muscles to help us escape perceived threats like saber-toothed tigers. In the modern world, this stress takes many forms which are more benign (e.g., a fight with your spouse) but equally as effective in suppressing digestive secretions. Your ability to secrete digestive juices will be severely compromised every time you eat in anything but a peaceful and calm state. Finally, a variety of inflammatory conditions that are common in western cultures can prevent secretion of adequate digestive enzymes, such as candida, gastritis, IBS, Crohn's disease, Celiac disease, food sensitivities, pancreatitis, and intestinal dysbiosis.

Consequences and Symptoms of Digestive Insufficiency

When your body does not secrete enough digestive enzymes to digest your food adequately, the health of your GI tract, along with the rest of your body, is slowly compromised. Poor digestion leads to poor nutrient absorption and consequent nutritional deficiencies that affect your health. In addition, unfriendly bacteria (e.g., candida) love to feed on undigested food. These unfriendly microbes slowly take over your GI tract when poor digestion is a frequent occurrence, leading to intestinal dysbiosis and all the problems that flow from this condition – IBS, colitis, Crohn's disease, food allergies/sensitivities, leaky gut, autoimmune conditions, immune insufficiency, and liver toxicity. Some other signs that may indicate that your body is not secreting enough digestive enzymes include: gas, bloating, acid reflux, feeling tired after meals, and constipation.

Digestion Enhancement Enzymes™

- HealthForce Digestion Enhancement Enzymes™ is a plant-based digestive enzyme blend containing nine different enzymes to provide full spectrum digestive support:
- Protease – Breaks down proteins.

*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.

- Acid Specific Protease – A protease which can still function in the highly acidic environment of the stomach.
- Amylase – Breaks down long chain carbohydrates like starch.
- Lipase – Breaks down fats.
- Cellulase – Breaks down cellulose (a fiber found in cell walls of plants), allowing better digestion and absorption of the nutrients inside the cells of your vegetables.
- Lactase (non-dairy) – An enzyme commonly lacking in humans that breaks down lactose (milk sugar).
- Papain – Protease derived from papaya.
- Bromelain – Protease derived from pineapple.
- Alpha-Galactosidase – Has the ability to break down carbohydrates found in legumes and various vegetables that are resistant to amylase and thus have a tendency to promote gas.

Digestion Enhancement Enzymes™ vs. Animal-Based Pancreatic Enzymes

Pancreatic enzymes (e.g., pancreatin, trypsin, chymotrypsin) are typically extracted from pig, lamb, or ox pancreas, and they are only functional in a pH which is slightly acidic to strongly alkaline (e.g., 6.5 to 9.0). These enzymes are permanently deactivated by the low pH values found in a healthy human stomach, and thus must be enterically coated (treated with a material that will not dissolve in stomach acid) to survive the journey to our small intestine, where the enteric coating will dissolve in a more alkaline pH, and the enzymes will thus finally be able to function. Pancreatic enzymes will thus only be able to work in our small intestine, and then only if our pancreas is functioning properly – able to release enough bicarbonate solution to neutralize the acidic chyme entering the small intestine from the stomach, thus producing the necessary neutral pH. Contrast this with the plant-based enzymes in Digestion Enhancement Enzymes™, which are functional in a much broader pH range (e.g., 2.0 to 9.0), and can thus be active from the time the food is swallowed all the way through the GI tract. Digestion Enhancement Enzymes™ are thus significantly more effective than pancreatic enzymes for supporting digestion, and are the superior choice for your money.

Digestion Enhancement Enzymes™ vs. Other Plant-Based Enzymes

Many other plant-based enzymes contain exotic enzymes that digest obscure nutrients, which may or may not even be present in your food. These enzymes serve to dramatically increase the price of the supplement, without a significant increase in the overall digestive support provided. Also, other plant-based enzymes are often concentrated into extremely high potency. Note that once your meal is digested properly, extra enzymes only serve to increase the price of the supplement, without significantly improving the digestion of your food. Digestion Enhancement Enzymes™ provides more than enough enzymes to digest your food adequately, without the high levels of extra enzymes that would excessively drive up the price of the product. HealthForce always strives to provide the best balance between effectiveness and affordability.

The HealthForce Edge

- 100% full-spectrum, plant-based digestive enzyme blend for enhanced digestion. No fillers or harmful excipients!
- EcoFresh Nutrient Lock Packaging™: Our dark glass with unique metal lid and oxygen absorber protects the enzymes from moisture which would cause degradation. Glass is recycled/recyclable, does not outgas, and is non-toxic to melt down. Plastic outgasses and is highly toxic to melt down. All plastic containers (more so in soft plastic) release gases as they age, and these volatile organic compounds (VOCs) released from plastic negatively affect our health.
- 100% Gluten free and non-GMO.
- Phenomenal value for a high potency plant-based enzyme.

Suggested Use: 2 capsules per cooked food meal or snack, depending on content and volume of meal. Ideally, take with the first bites of meal/snack.

"The quality, therapeutic concentration, and affordability of a nutritional product can, and often does, mean the difference between lethargy and energy, sickness and health, and, quite literally, life and death. I don't want anyone to be tired, sick, or dead because they could not obtain or afford the best possible product. Loyalties can be divided. I want to make it clear where mine lies. My loyalty is to those who want to thrive, and those whose life situation requires them to thrive. My loyalty is to the end user. My loyalty is to you. In my life now, and one day when I look back upon my life, that will have value to me incomparable to any amount of money, investors, or fame."

Dr. Jameth Sheridan – Doctor of Holistic Medicine (D.H.M.), Naturopath, and Hard-Core Herbal Medicine Researcher

Supplement Facts

Serving Size: 2 VeganCaps™	
Amount Per Serving	
Proteases	25,250 HUT†
Acid Specific Protease	220 SAP†
Amylase	5,500 DU†
Lipase	1,650 FIP†
Cellulase	1000 CU†
Lactase (non-dairy)	400 LAC†
Papain	13,200 PU†
Bromelain	11,000 PU†
Alpha-Galactosidase	90 GalU
† Daily Value not established	

Other Ingredients: VeganCaps™ (fermented tapioca).

*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.