10 Not-So-Obvious Signs of Enzyme Deficiency

1. Skin rashes and irritations. Incomplete digestion can lead to food sensitivities that manifest as skin problems.
2. Fatigue and drowsiness. When so much energy goes to trying to compensate for a lack of digestive enzymes, is it any wonder that a body feels unbearably tired after eating?
3. Bad breath. Our mouths are just the beginning of a long digestive journey. Adequate enzymes, every step of the way, help keep breath fresher.
4. Irritability. We all know how cranky babies get with colic. Adults with indigestion get just as irritable.
5. Insomnia. Indigestion is noisy and painful. A happy, calm tummy is crucial for a good night’s sleep.
6. High cholesterol. All the way back in 1958, Stanford researchers realized that low enzymes and high cholesterol were linked.
7. Weight gain. Fat utilization is improved with enzymes, leading to less of it being stored in obvious places – hips, belly, upper arms, thighs.
8. Food allergies. Without adequate protein-digesting enzymes, undigested food particles leak through the intestinal wall, triggering food allergy symptoms.
9. Inflammation. Inflammation from injuries or arthritic conditions have been shown to respond well to the anti-inflammatory effects of bromelain. Sinusitis. An increased incidence of sinusitis might be related to chronic inflammation in nasal mucous membranes.

10 Easy Ways to Improve Digestion

1. Take Prairie Naturals Digestive Enzymes at the beginning of every meal.
2. Eat less.
3. Chew better and longer.
4. Eat more raw fruits and vegetables.
5. Sit down to eat.
6. Breathe deeply and relax before beginning a meal.
7. Be thankful for what you are about to eat.
8. Eat an abundance of fibre-rich foods.
9. Drink more water (between meals).
10. Go for a walk after a meal.

Eat More Raw Foods for Better Digestion

Eating enzyme-rich, fresh raw fruits and vegetables is definitely the best prescription for good digestion. Ironically though, improving your diet can cause some temporary indigestion. Remember, it takes time for your body to adjust, especially when drastically changing your diet to include the extra fibre consumed by eating more fresh fruits and vegetables. Fibre-rich foods can cause gas and bloating until your body adjusts. Fortunately, digestive enzymes – especially Enzyme-Force with Fibrazyme™ can help with the transition. Bon appétit!
**Serra-Force**

**Prairie Naturals Serra-Force** is an enteric-coated natural enzyme capsule that:
- Provides extra strength, pain relief
- Reduces inflammation & related pain
- Functions as a powerful anti-inflammatory agent
- Alleviates chronic sinusitis
- Improves elimination of excess mucus
- May enhance cardiovascular health by breaking down fibrin and blood clots
- Does not cause ulcers and stomach bleeding

Non-GMO • 100% VEGAN • Safe & Effective • Available in 60 & 120 VEGAN Capsules

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**Kiwi Colon-Zyme**

Kiwi Colon-Zyme is a digestive aid capsule that:
- Positively changes the way your bowels work!
- Corrects one of the most common causes of constipation—inadequate protein digestion
- Contains Actazin™, a potent proteolytic (protein-digesting) enzyme
- Has been clinically shown to provide rapid and reliable constipation relief
- Increases frequency and ease of bowel movements
- Reduces bowel transit time
- Normalizes consistency and volume of stool
- Includes therapeutic levels of six select enzyme blends for relieving constipation
- Helps digest gluten and dairy proteins
- Prevents gas and bloating

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**Enzyme-Force**

Prairie Naturals Enzyme-Force is a full-spectrum enzyme supplement that:
- Promotes better digestion of proteins, fats, carbs and fibre
- Features amylases (for starch breakdown), proteases (for protein breakdown), and lipases (for fat digestion)
- Includes Fibrazyme™, a fibre-digesting enzyme blend of cellulase, hemicellulase and phytase
- Provides optimal enzymatic activity, potency, safety and efficacy
- Noticeably reduces indigestion, gas, bloating, constipation and acid reflux
- Acts quickly to improve digestion, increase energy and alertness

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Betaine-HCI

Fast-acting Solution to Low Stomach Acid

Each Vegetable Capsule Contains:
Betaine Hydrochloride (HCl) 500 mg

Betaine Hydrochloride
Prairie Naturals Betaine HCl:
• Provides hydrochloric acid (HCl) derived from beets
• Alleviates digestive distress related to low stomach acid
• Helps people over the age of 50 who have diminished HCl production
• Acts quickly and safely to reduce symptoms including reflux, gas and bloating
• Protects the gastrointestinal tract from harmful bacteria and parasites
• Reduces fatigue related to digestive disturbances
• Supports the digestion of proteins and fats
• Quickly and safely increases the stomach acid we require for basic digestion
• Helps to initiate the conversion of pepsinogen to pepsin
• Encourages the flow of pancreatic enzymes and bile
• Ensures the proper absorption of calcium, iron and vitamin B12

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• Available in 60 & 120 VEGAN Capsules

Bromelain-Zyme

Better Protein Digestion & Anti-Inflammatory

Each Vegetable Capsule Contains:
Bromelain (Stem Bromelain, Ananas comosus, Pineapple Stem) 350 mg
(providing 2,400 GDU/g and 3,600 MCU/g)
Papain (Carica papaya, Papaya Fruit) 50 mg
(providing 2,000,000 USP/g)
Kiwi (Actinidia deliciosa, Kiwi Fruit, Actazin™) 100 mg
(providing 1800 AU/g Actinidin)

Bromelain-Zyme
Prairie Naturals Bromelain-Zyme is an enzyme blend that is:
• Made with bromelain from pineapple, papain from papaya, actinidin from kiwi
• Recognized as a powerful protein digestive aid
• Effective as an anti-inflammatory for various forms of arthritis, burns, and sinusitis
• Useful against infections including bronchitis, pneumonia and urinary tract infections
• Essential to ensure the proper breakdown of the animal and plant proteins we eat
• Helpful for healing physical and sports injuries and surgical procedures
• Shown effective in combination with antibiotic therapy for sinusitis, bronchitis, cellulitis and skin infections

Non-GMO • 100% VEGAN • Safe & Effective
• Available in 60 & 120 VEGAN Capsules
How Our Digestive System Works

Just imagine a 30-foot maze-like passageway winding its way through the center of your body. This miraculous food transport system is your digestive tract. The digestive tract, also called the gastrointestinal tract, has numerous connecting points along its route where food is broken down into simpler chemical forms (nutrients) by specialized enzymes. Digestion and absorption of macronutrients (proteins, carbohydrates and fats) and micronutrients (vitamins and minerals) are dependent on enzymes.

The Mouth & Stomach
The smell and sight of appetizing food is the first signal the digestive system receives to begin the amazing process of digestion. Even before the first morsel of food enters your mouth, the digestive juices start flowing. With the first bite, ptyalin, an amylase enzyme in saliva, begins the breakdown of carbohydrates into glucose. Chewing food well (some experts recommend 100 times per bite) promotes better digestion even before food enters the stomach where the greatest active chemical digestion begins. Stomach muscle contractions assist the digestive process by kneading the partially digested food while gastric juices containing hydrochloric acid (HCl), pepsin, rennin and water begin the protein-digesting process. Some fat, and to a lesser degree, carbohydrates (which have been converted to sucrose) are also partially digested at this phase of the digestive process. This potent mix of chemicals is so strong that the stomach’s membrane lining secretes a protective mucous barrier to prevent these corrosive gastric juices from damaging the walls of the stomach. Without adequate mucosal protection, the stomach lining would be burned by its own acids, creating painful stomach ulcers. Digestive activity in the stomach lasts from one to four hours per meal depending on the combination and amounts of food ingested. Liquids pass through the stomach most quickly; next come carbohydrates, then proteins, and finally fats. The secretion of intrinsic factor is another important function of the stomach. This protein substance is absolutely necessary for the absorption of vitamin B12 during the next stage of digestion in the small intestine. The pyloric sphincter at the base of the stomach opens to release this mash of semi-digested food, called chyme, into the small intestine.

The Small Intestine
There is not too much that is “small” about the small intestine. In fact, this 20-foot section of the digestive tract is charged with accomplishing a huge task—the unlocking and absorption of micronutrients from macronutrients. The activity of enzyme function in the small intestine is supported by enzymes from the food we eat or enzyme supplements we take. Over the course of approximately three hours, the small intestine, with the aid of the pancreas, liver and gall-bladder, breaks down proteins into amino acids, carbohydrates to simple sugars, and fats to fatty acids. As chyme enters the small intestine, the pancreas, nestled below the stomach, contributes alkaline pancreatic juices necessary for the successful completion of the digestive process. These juices contain numerous enzymes. If fats have been eaten, the gall-bladder releases the bile it has stored. Bile is produced by the liver and is not really an enzyme, but rather a emulsifier that separates fat into small droplets that pancreatic enzymes break down for absorption. The small intestine is comprised of three sections, the duodenum, jejunum and ileum. Each of these sections absorbs different nutrients through the intestinal wall. For example, calcium, vitamin A, thiamine and riboflavin are absorbed by the duodenum. The jejunum absorbs fats and the ileum absorbs vitamin B12.

The Large Intestine
Basically used as a holding tank for waste produced through the digestive process, the large intestine, also referred to as the colon, is largely an elimination organ, although vitamin K, water and some electrolyte minerals are absorbed in this final section of the digestive tract. A great many bacteria live in the colon, some of them friendly and beneficial, and others, harmful and disruptive. Incompletely digested food substances can be absorbed by the body as toxins or can feed noxious intestinal bacteria. Proper elimination of waste and bacteria from the colon is largely dependent upon a high fibre diet, adequate water intake, healthy intestinal flora and complete digestion of food. Fibre literally binds toxins and aids their passage through the colon while water encourages smoother elimination. Fibre also encourages the growth of healthy intestinal flora (probiotics).

Having a clearer understanding and deeper appreciation of the way our bodies process and utilize the foods we eat will ideally help us be more mindful of the choices we make that affect this daily miracle that we simply call “digestion”. Bon appetit!