

# VEGETARIAN ENZYME COMPLEX



The development of digestive issues typically stems from environmental, physical, or cellular factors: poor dietary choices, aging, stressful lifestyles, or food intolerances.<sup>1</sup> Inadequate digestive processing of enzymes may lead to indigestion, malabsorption of nutrients, and/or food intolerances with a wide variety of symptoms.<sup>2</sup>

## How Vegetarian Enzyme Complex Works

Vegetarian Enzyme Complex is a comprehensive blend of non-animal derived enzymes that supports proper digestion and absorption of carbohydrates, proteins, fats, lactose, sucrose, cellulose, and maltose.<sup>3</sup> Since each type of nutrient category requires their own specific enzyme to break down and properly digest, it is critical to use a broad spectrum supplement.<sup>3</sup>

The protease enzymes (neutral, fungal, and acid) included in Vegetarian Enzyme Complex support the efficient digestion of proteins vital for metabolism, energy, and overall health.<sup>4</sup> Proteins consist of up to 2,000 amino acids but the body is designed to absorb single amino acids only. Protease enzymes break down the proteins for proper digestion and absorption into the bloodstream.<sup>4</sup>

The additional enzymes in Vegetarian Enzyme Complex support the digestion and nutrient absorption of carbohydrates (amylase and hemicellulase), fats (lipase), dairy (lactase), sugars (invertase), and fruits and vegetables (xylanase, cellulase, pectinase).<sup>4</sup>

## Vegetarian Enzyme Complex Supplementation

Supplementation with Vegetarian Enzyme Complex may help process nutrients in the digestive track.<sup>4</sup> The specially formulated blend of 11 enzymes in Vegetarian Enzyme Complex helps support proper digestion of carbohydrates, proteins, fats, lactose, sucrose, cellulose, and maltose.

Clinical evidence cited herein shows supplementation with Vegetarian Enzyme Complex may:

- Support efficient and effective digestion and absorption of nutrients<sup>4</sup>
- Promote healthy digestion of nutrients<sup>4</sup>
- Promote healthy digestion of macromolecules<sup>4</sup>

**Form:** 180 Capsules

**Serving Size:** 2 Capsules

Ingredients	Amount	%DV
Amylase	24,000 DU	*
Neutral Protease	20,000 PC	*
Fungal Protease	4,100 HUT	*
Xylanase	2,400 XU	*
Cellulase	2,000 CU	*
Lipase	800 LU	*
Lactase	400 ALU	*
Hemicellulase	2,000 HCU	*
Invertase	480 SU	*
Acid Protease	165 SAPU	*
Pectinase	24 Endo-PGU	*

### Other Ingredients:

Microcrystalline cellulose, hydroxypropyl methylcellulose (capsule), vegetable magnesium stearate, silicon dioxide.

### Directions:

Take two capsules with each meal or as directed by your healthcare practitioner.

**Caution:** *If pregnant, nursing, taking anti-diabetic medication or other medication, consult your healthcare practitioner before use. Keep out of reach of children.*



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN



NON-GMO



PRODUCED IN A  
cGMP FACILITY

\* 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.

For more information, visit: [www.justbewell.info](http://www.justbewell.info)

#### References:

1. Rachman, B. (1997). Unique features and applications of non-animal derived enzymes. *Clinical Nutrition Insights*, 5(10).
2. Ianiro, G., Pecere, S., Giorgio, V., Gasbarrini, A., & Cammarota, G. (2016). Digestive enzyme supplementation in gastrointestinal diseases. *Current Drug Metabolism*, 17, 187-193.
3. Ramandeep, K., & Bhupinder Singh, S. (2012). Enzymes as drugs: An overview. *Journal of Pharmaceutical Education and Research*, 3(2), 29-41.
4. Malterre, T. (2009). Digestive and nutritional considerations in celiac disease: Could supplementation help. *Alternative Medicine Review*, 14(3), 247-257.