

# DigestMAX Ultra

## PRODUCT INFORMATION



### WHAT IS DIGESTMAX ULTRA?

Advanced Naturals produces 3 different enzyme formulas - DigestMAX, DigestMAX ULTRA, and DigestMAX HCl. Each formula is designed to meet unique digestive needs. DigestMAX ULTRA is a therapeutic strength enzyme formula designed for those whose digestive problems occur on a daily basis, or are serious in nature (see chart below).

Use DigestMAX if:	Use DigestMAX ULTRA if:	Use DigestMAX HCl if:
There is difficulty breaking down <b>large</b> meals, or specific foods (i.e. proteins).	There is difficulty breaking down <b>all</b> meals.	There is <b>heartburn</b> after any sized meal.
There is gas or bloating after eating <b>certain</b> types of foods.	There is gas or bloating after eating, <b>regardless</b> of food type.	There is gas or bloating and <b>accompanying heartburn</b> after eating specific types of food (i.e. proteins).
There is gas or bloating after <b>combining</b> certain types of foods (ex. proteins with carbohydrates).	There is stomach upset, belching or regurgitation after eating, <b>regardless</b> of food type.	There is gas or bloating and <b>accompanying heartburn</b> after combining certain types of foods (i.e. mixing proteins and carbohydrates).

### HOW IT WORKS

When DigestMAX ULTRA is taken with a meal, it works to break down food products into their smallest usable components (nutrients). This allows the body to absorb the maximum amount of nutrients from your meal. When food is effectively broken down, the overall function of the digestive system is improved, including a reduction in the amount of gas produced.

DigestMAX ULTRA contains digestive enzymes. Enzymes are catalysts for chemical reactions within the body. Without them, food is not broken down properly. Many people do not produce enough enzymes, therefore they are unable to absorb all of the nutrients from the food they are eating. This leads to symptoms such as gas, bloating, heartburn, constipation, and is the first step toward more chronic disease.

DigestMAX ULTRA contains enzymes which address every type of food group including: proteins, fats, carbohydrates, dairy, plant and vegetable material (cellulose), and sugars. The elements in DigestMAX ULTRA enhance digestion beyond what the body is normally capable of. This combination of enzymes functions under the whole range of gastric pH's from 2-14. DigestMAX ULTRA also includes the enzymes Phytase and Pectinase, which break down harmful phytates, which can cause malabsorption. Phytates are found in seeds, grains, and beans. Phytates have been shown in clinical studies to block the absorption of many minerals, especially calcium. This can be problematic for vegetarians, as these foods are staples in their diet. By breaking down phytates, DigestMAX Ultra eliminates this problem.

DigestMAX Ultra also contains the enzymes Cellulase, Hemicellulase and Xylanase which the human body is unable to produce. These enzymes break down plant fibres, which cause gas and bloating.

If undigested foods reach the large intestine, it becomes fuel for the "bad" bacteria in your intestinal tract. These "bad" bacteria will putrefy the undigested food, releasing volatile fatty acids and gasses that cause bloating and often foul smelling gas. If you provide your body with enough enzymes to break down all of your food, then the "bad" bacteria will have nothing to "eat", and bloating and gas diminish.

### DIRECTIONS FOR USE

Take 1 capsule with each meal. DigestMAX ULTRA should be taken on an ongoing basis to improve digestion.

### WHAT TO EXPECT

People usually take DigestMAX ULTRA because they have chronic digestive upset (severe gas, bloating, or upset stomach). DigestMAX ULTRA helps you to break down much more of the food that you eat and as a result there are reduced symptoms of indigestion. In some cases, more energy will be felt because you are absorbing more nutrients from your diet.

### What Causes Enzyme Deficiency?

- Lack of vitamins, minerals and electrolytes which the body requires to make enzymes. This is caused by poor dietary choices.
- Age - over time the body begins to produce fewer enzymes.
- Enzymes naturally occurring in food are destroyed when heated above 47°C (118°F).
- Processed and packaged foods contain very few, if any, enzymes.
- Exposure to air and light (limp and pale looking vegetables are enzyme depleted).
- Fluoridated water paralyzes enzymes.

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# INGREDIENTS

**DIGESTMAX ULTRA** contains the following digestive enzymes:

## Enzymes that break down proteins:

### Protease

- ♦ breaks down proteins into amino acids.

### Papain

- ♦ contains protease, an enzyme which breaks down protein.

## Enzymes that break down carbohydrates and sugars:

### Amylase

- ♦ breaks down carbohydrates into simple sugars.

### Lactase

- ♦ breaks down lactose (found in dairy, many people lack the lactase enzyme).

### Glucoamylase

- ♦ breaks down starches found in carbohydrates.

### Alpha Galactosidase

- ♦ breaks down starches found in carbohydrates (particularly legumes).

### Invertase(Sucrase)

- ♦ breaks down sucrose (found in table sugar and maple sugar).

## Enzymes that break down fats:

### Lipase

- ♦ breaks down fat into usable components.

## Enzymes that break down fibres:

### Cellulase

- ♦ breaks down cellulose (plant cell walls/fibre).

### Hemicellulase

- ♦ breaks down hemicellulose (component of plant cell walls/fibre).

### Xylanase

- ♦ breaks down hemicellulose (a component of plant cell walls/ fibre).

### Beta Glucanase

- ♦ breaks down beta glucans (soluble fibre found in grains, mushrooms and baker's yeast).

## Enzymes that break down phytic acid:

### Pectinase

- ♦ breaks down phytic acid.

### Phytase

- ♦ breaks down phytic acid (found in grains, beans and seeds).

## DigestMAX Ultra - Each capsule contains

DigestMAX ULTRA Enzyme Blend	655mg
Protease 100,000 HUT	
Amylase 25,000 DU	
Lipase 18,750 LU	
Lactase 1,200 ALU	
Cellulase 1,500 CU	
Invertase 250 SU	
Glucoamylase 50 AG	
Alpha Galactosidase 500 GAL	
Beta Glucanase 25 BGU	
Xylanase 550 XU	
Hemicellulase 30 HCU	
Pectinase 45 ADJU	
Phytase 5 U	
Papain 50,000 PU	

**Other Ingredients:** Vegetable capsules

**Excipients:** None

No dairy, wheat, gluten, soy, corn, yeast, animal products, additives or preservatives.

**Warning:** Do not use if pregnant, nursing, or after recent surgery. Do not use if you have a peptic ulcer. Do not exceed recommended dose. Keep out of reach of children.

## REFERENCES

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