

**Super Digest
To Be Your Best!**

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NHC
NATURAL
HEALTH
CLINIC

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**Probiotic
Super Digestive
Enzymes**

Educational Purposes Only

Probiotic Super Digestive Enzymes Benefits

Acts as a natural antibiotic! • Prebiotic fiber food for the probiotic!
Maintains good health and high energy! • Promotes necessary vitamin production!
Limits growth of disease-producing bacteria! • Helps decrease fungus and yeast overgrowth!
Actively digests dietary fats, carbs and protein!

The Challenge

Do you rely on antacids or have general digestive issues? Do you struggle with weight loss or food allergies? **Digestive enzymes** can help since their main role is to break down food so that it can move through the digestive tract. When there is a lack of digestive enzymes, an excess of food can build up in your stomach and cause a host of problems. Indigestion, heartburn even ulcers can occur. Food intolerance can develop and cause nausea, diarrhea, vomiting, stomach pain and bloating. A build up of gas can occur and also cause belching. Plus, consuming foods highly processed or cooked at high temperatures destroy most food enzymes. Hence, the typical American diet is generally enzyme-deficient, which puts stress on the human body adding many health problems.

Furthermore, **probiotics** are a type of dietary supplement consisting of live bacteria. Bacteria naturally live in our intestines and help promote health by destroying yeast and harmful bacteria that enter our bodies. But when good bacteria are eliminated, sickness and other problems may occur including inflammation, poor immunity, allergies, irritable bowel syndrome, bladder cancer, urinary tract infections or eczema. Also, when good bacteria levels in the intestines decrease, yeast is allowed to grow uncontrolled. If you suffer from these or other chronic conditions, you may benefit from a probiotic.

The Solution

This **Probiotic Super Digestive Enzymes** formula provides a double-packed boost to your body. Firstly, it contains foods naturally high in **proteolytic enzymes** to aid digestion by helping break down dietary proteins such as meat, eggs and fish into smaller fragments called amino acids, as well as breaking down fats and carbohydrates. Also, these enzymes help excrete parasites, viruses, bacteria, and fungi. Aloe alone contains 8 enzymes. Some enzymes reduce inflammation, others help break down sugars and fats. Enzymes in ginger and beet offer even more. Besides improving digestion, enzymes play an essential role in physiological processes throughout the body.

Secondly, the **probiotics** in this formula are living microorganisms, i.e. friendly, good bacteria in the lower intestinal tract which help you digest food, fight harmful bacteria, and regulate the immune system. In the healthy body, good bacteria outnumber your body's cells 10 to one. In fact, your gut contains hundreds of different types of microorganisms—as many as 1,000—according to some estimations. When the gut becomes unbalanced with unhealthy levels of certain bacteria, probiotics can help restore the balance. When ingested, probiotics provide numerous health benefits by colonizing your gut with health-boosting microorganisms. Having probiotics in your gut bacteria is linked to numerous health benefits including weight loss, improved digestion, enhanced immune function, healthier skin and a reduced risk of many diseases.

Be Your Best With Super Digest!

Acidophilus

- Helps boost the immune system
- May prevent and reduce diarrhea
- May reduce symptoms of eczema
- Helps prevent and relieve vaginal infections
- May improve symptoms of irritable bowel syndrome
- May help prevent and reduce cold and flu symptoms
- May prevent harmful bacteria from colonizing the intestines
- Increases levels of short-chain fatty acids which promote gut health
- Produces key enzymes that increase the rate of vitamin absorption in the body

Chlorella

- Supports immune system
- An excellent digestive cleanser
- Relieves bad breath and smelly stools
- Relieves bloating, stomach cramps and irregularity
- Very fibrous which greatly helps promotes a healthy digestive tract
- Excellent prebiotic fiber which provides nutrients for beneficial bacteria in the intestines
- Contains many digestive enzymes, most important among them being pepsin and chlorophyllase

Beet Root

- Helps regulate digestive processes and relieve constipation
- Rich in betaine, which increases stomach acid levels to improve digestion
- Contains betanin pigments which help lessen tumor cell growth from colon and stomach
- Loaded with dietary fiber; lowers risk of inflammation, gas, bloating, irregular bowels and nausea

Papaya

- Effective in relieving allergies
- Breaks down and metabolizes protein
- Used for expelling worms, hemorrhoids
- Rich in digestive enzymes such as the papain enzyme that help digest proteins
- Contains chymopapain—a proteolytic enzyme that breaks down bonds in proteins
- Contains caricain enzyme—most effective detoxifier and remover of gluten-type protein

Aloe

- Contains eight important enzymes
- Lipase enzymes help digest fat and improve digestion
- Amylase enzymes break down carbohydrates, starches, and sugars
- Promotes a healthy gut environment by supporting probiotic colonies which live there

Ginger

- Helps prevent colon cancer
- Can help chronic indigestion
- Aids in digestion and saliva flow
- Helps reduce nausea and vomiting

Acerola Berry

- Has rich source of B-complex vitamins which improve metabolism
- High fiber helps to stabilize probiotics in the stomach and intestines
- Helps make digestion of carbohydrates, proteins and fats much easier