

Help for Digestion Enzymes

Harmony & Health

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Quality Products for Health

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Enzymes are found in raw foods while heat deactivates or destroys them. They are necessary for good gastrointestinal health as they enable our body to break down and use the food we eat. Especially as one ages and the digestive system weakens, a good enzyme supplement may be necessary.

Some Products to consider:

- **Food Enzymes** supplies hydrochloric acid and pancreatic enzymes which help digest protein, carbs and fats when taken with meals. Taken between meals Food Enzymes can help with undigested particles in small intestine and even in the joints.
- **Lactase Plus** contains enzymes to help digest milk proteins and other dairy products.
- **Hi-Lipase** helps to break down fats in the body and is especially beneficial for individuals who have had their gall bladder removed. Take 1-2 capsules before eating fatty foods.
- **Proactazyme Plus** has enzymes to break down and digest all foods, adding with gas and bloating. Especially good for vegetarians as it has no animal products in it. It also is gluten free.
- **Protease Plus/High Potency Protease** are enzymes which help break down proteins. When taken between meals they stimulate the immune system. The High Potency form is 3 times more powerful.
- **PDA** adds hydrochloric acid for protein digestion. Also, helps with bone spurs and gout.
- **Nattozimes Plus** is a protein-digesting enzyme formed from soybeans. It specifically helps to dissolve fibrin which "thickens" the blood causing blood clots. Good as a blood thinner.

Important: The information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness we recommend you consult a competent health practitioner before beginning a course of treat-



Help Your Body Stay Healthy with Natural Remedies.