



PANCREATIN PLUS ENZYMES

Digestive aid

DON'T OVERLOOK IMPORTANT PANCREATIC ENZYMES

Enzyme preparations are one of the most useful nutritional supplements available. Enzymes are molecules that speed up chemical reactions – they either help build new molecules or they split the bonds that join molecules together to break them into smaller units. In the case of enzyme products, most often they contain digestive enzymes derived from hog pancreas (pancreatin), fungal, or plant sources. These enzymes function very similar to the way the digestive enzymes secreted by the human pancreas function. Studies show that enzyme preparations may be useful in the following situations: cancer; digestion support; hepatitis C; herpes zoster (shingles); inflammation, sports injuries and trauma; pancreatic insufficiency; food allergies; multiple sclerosis; rheumatoid arthritis and another autoimmune disorders. A superior source of pancreatic enzymes is Pancreatin Plus Enzymes.

WHAT IS THE PANCREAS

The pancreas is a digestive organ in the abdomen that lies just below the stomach. Its primary job is to produce enzymes required for the digestion and absorption of food. Enzymes secreted include lipases that digest fat, proteases which digest proteins, and amylases which digest starch molecules.

CAN TAKING PANCREATIC ENZYMES ACTUALLY IMPROVE DIGESTION

Yes, in fact, using pancreatic enzyme preparations to support proper digestive function is used in conventional medicine in cases of pancreatic insufficiency and cystic fibrosis (a rare inherited disorder). Pancreatic insufficiency is characterized by impaired digestion, malabsorption, nutrient deficiencies, and abdominal discomfort.

HOW DO I DETERMINE IF MY PANCREAS IS SECRETING ENOUGH ENZYMES

Common symptoms of pancreatic insufficiency include abdominal bloating and discomfort, gas, indigestion, and the passing of undigested food in the stool. For laboratory diagnosis, most health care practitioners use the comprehensive stool and digestive analysis. Another indicator of pancreatic insufficiency is the intestinal overgrowth of the yeast *Candida albicans*. As well as being necessary for protein digestion, the proteases serve several other important functions. For example, the proteases, as well as other

digestive secretions, are largely responsible for keeping the small intestine free from parasites (including bacteria, yeast, protozoa, and intestinal worms).

CAN PANCREATIC ENZYMES HELP FOOD ALLERGIES

Pancreatic enzymes can help with food allergies by improving digestion. In order for a food molecule to produce an allergic response it must be a fairly large molecule. In studies performed in the 1930's and 1940's, pancreatic enzymes was shown to be quite effective in preventing food allergies. It appears that many practitioners are not aware of, or they have forgotten about, these early studies. Typically individuals who do not secrete enough proteases will suffer from multiple food allergies.

IF I NEED TO TAKE PANCREATIC ENZYMES, HOW CAN I DETERMINE POTENCY

Pancreatic enzyme products are quite popular nutritional supplements. Most commercial preparations are prepared from fresh hog pancreas. The United States Pharmacopoeia (USP) has set strict definition for level of activity. A 1X pancreatic enzyme (pancreatin) product has in each milligram not less than 25 USP units of amylase activity, not less than 2.0 USP units of lipase activity, and not less than 25 USP units for protease activity. Pancreatin of higher potency is given a whole number multiple indicating its strength. For example, a full-strength undiluted pancreatic extract that is 8 times stronger than the USP standard would be referred to as 8X USP. Full-strength products are preferred to lower potency pancreatin products because lower potency products are often diluted with salt, lactose, or galactose to achieve desired strength (e.g. 4X or 1X).

WHAT ARE THE DOSAGE RECOMMENDATIONS FOR A PANCREATIC ENZYME PRODUCT

The typical dosage recommendation for an 8X USP pancreatic enzyme product is 200 to 600 mg, three times a day immediately before meals when used as a digestive aid.

ARE THERE VEGETARIAN SOURCES THAT CAN BE USED INSTEAD OF PANCREATIC ENZYMES

Yes, Multi Enzyme contains vegetarian and fungal source enzymes that work in a very similar manner to pancreatic enzymes. In fact, there is some evidence that they may actually work better.

PANCREATIN PLUS ENZYMES**ARE PANCREATIC ENZYME PREPARATIONS SAFE**

Pancreatic extracts are generally well-tolerated and are not associated with any significant side effects. Even in people with presumably normal pancreatic function, taking pancreatic enzymes produced no untoward side effects nor did it reduce the capacity for these subjects to produce their own pancreatic enzymes.