

## Take Our Digestive Health Quiz

- Do you feel you may have trouble digesting your meals?
- Do meals cause discomfort that negatively impact the quality of your living?
- Does the thought of after-meal digestion cause you concern?
- Do you have occasional indigestion or a feeling of fullness that lasts 2-4 hours after eating?
- Do you experience occasional bloating?
- Have you noticed a difference in your digestion as you age?
- Have you noticed undigested food in the stool?

If you answered “yes” to any of these questions, ask your healthcare provider about nutritional strategies for digestive health, including digestive enzymes and simple dietary and lifestyle changes.

## The Metagenics Enzyme Difference

Metagenics enzyme formulas, recommended by your healthcare practitioner, provide you exceptional quality and personalized options that feature a wide array of digestive enzymes:

Enzyme	May help with digestion of:
Amylase	Carbohydrates (starches and other polysaccharides)
Protease	Protein (large amino acid chains)
Peptidase & Pepsin	Peptides (smaller amino acid chains)
Lipase	Fats (triglycerides and other lipids)
Lactase	Lactose (milk sugar)
Cellulase, Pectinase, Xylanase & Hemicellulase	Cellulose, pectin, xylan & hemicellulose (plant fibers and carbohydrates)
Maltase	Maltose (malt sugar)
Invertase	Sucrose (table sugar)

→ Ask about **Metagenics** enzyme formulas today! Learn more at [SpectraZyme.ca](http://SpectraZyme.ca)

### Unsurpassed Quality

Setting quality standards for the industry for over 30 years, Metagenics tests each enzyme product batch for enzyme activity—a better indicator of potency than weight.

### Triple GMP Certified Manufacturing



Food is meant to be **enjoyed**



High Quality Enzyme Formulas for Digestive Support



Genetic Potential Through Nutrition

## Do you suffer from digestive discomfort that affects daily living?

A largely overlooked factor that may contribute to digestive discomfort is reduced production of enzymes—biological catalysts that are essential to proper food digestion and nutrient absorption and utilization.

## Trust Metagenics enzyme formulas for digestive health support

Metagenics offers a complete line of enzyme supplements for individual health support:

- **SpectraZyme® Complete** provides digestive support with a broad spectrum of non-animal-derived enzymes designed to function in different pH ranges to support healthy digestion.
- **SpectraZyme® Metagest®** features betaine HCl and pepsin enzymes to complement the natural production of digestive agents in the stomach.
- **Azeo-Pangen™** features the bioactive porcine pancreatic enzymes lipase, protease, and amylase designed to digest fats, proteins, and carbohydrates.
- **Azeo-Pangen™ Extra Strength** provides twice the pancreatic digestive enzyme strength of Azeo-Pangen per tablet.

And each Metagenics enzyme formula is carefully manufactured to assure enzyme activity and potency for reliable results.



### How enzymes help digestion

Specialized cells in the salivary glands and pancreas produce digestive enzymes. The stomach also secretes hydrochloric acid (HCl) that activates enzyme production. Over 20 identified enzymes in the body—plus enzymes in uncooked “live” foods like fruits and vegetables—facilitate the breakdown of fats, proteins, and carbohydrates so the body can absorb important nutrients and produce energy for vital functions. How well we digest any particular food is dependent on the quantities and types of enzymes the body produces.

### Many factors affect enzyme availability and digestion

A variety of enzymes are required to digest food and assimilate nutrients. Within the body, HCl and enzyme secretion generally decline with age. And genetics can negatively influence digestive enzyme production as well.

### Even healthy foods can cause discomfort

Some people may not produce enough enzymes to comfortably digest lactose in dairy foods, gluten in grain products, or certain acidic foods (citrus, tomatoes). Raw nuts and seeds also contain enzyme inhibitors that may make them harder for some people to digest. And humans don’t produce the enzyme cellulase that helps break down cellulose fibers in plant foods, which slows digestion and may cause discomfort with higher fiber consumption. Plus, when enzyme-rich foods are cooked at 118° F or above, naturally occurring enzymes are destroyed.

### Metagenics makes personalized enzyme supplementation easy

In addition to maintaining healthy lifestyle habits and including raw, enzyme-rich foods in the diet, digestive enzyme supplementation can be helpful to support healthy digestion. Your healthcare practitioner can help you determine which Metagenics formula may be right for you.

➔ Talk to your healthcare provider today about **Metagenics** digestive enzyme formulas or visit [SpectraZyme.ca](https://www.SpectraZyme.ca).