

# THE SCIENCE BEHIND

# DIGESTIVE ENZYME

## Food for Thought

Enzymes are an essential factor in converting the food we eat into a form our bodies can use for nourishment and energy. Without optimal functioning of these enzymes, good digestive health may be impaired.

Enzymes that are important to human health are abundant in raw foods. These enzymes can be dramatically diminished as a result of our modern diet, which often involves cooking and heavily processing raw foods. Many researchers have maintained that this loss of dietary enzymes, along with the natural decline of digestive enzymes, may be a significant contributing factor to poor health as we age.

### Enzymes for Digestion and Nutrient Absorption

USANA's **Digestive Enzyme** supplement provides an additional supply of enzymes to help your body digest a variety of foods. The enzymes contained in this powerful supplement help break down the cellulose (from fruits and vegetables), fats, proteins, carbohydrates, and starches we eat, so nutrients can be absorbed by our cells.\*

### Digestive Relief

If you've ever experienced digestive complaints, you know they are certainly worth avoiding. Digestive Enzyme will supplement your own natural enzymes to help break down the foods you eat. Artichoke extract has been shown to help relieve digestive complaints, such as mild dyspepsia (stomach upset), by aiding the digestion of fatty foods.

### Digestive Enzyme: What Makes it Work?

- The enzymes supplied by USANA's Digestive Enzyme supplement assist the body in the digestion of certain foods, including those containing lactose.\*
- May alleviate the feeling of fullness after eating a large meal and can help reduce the symptoms of occasional indigestion, including occasional heartburn, gas, and bloating.\*

### Digestive Enzyme: What Makes it Better?

- No animal-derived ingredients.\*
- Contains artichoke extract to relieve digestive complaints.
- Made with the same commitment to quality, safety, and purity you expect from USANA.

Contact your  
local USANA  
Associate for more  
information.



USANA  
INDEPENDENT ASSOCIATE

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\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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