

# TECHNICAL DATA SHEET



## GASTROINTESTINAL SUPPORT DIGESTIVE™

Promotes nutrient digestion. Supports immune system. Reduces occasional post-meal gas.

**Digestive** formula is a complete and unique vegetarian digestive formula that contains high-potency, bioactive fungal and plant enzymes and betaine HCl, which allow for a more complete digestion. Probiotics and DDS-1 acidophilus (1.3 billion organisms per capsule) provide vital intestinal support by promoting a healthy and balanced bacteria flora. The gut is home to 70% of the body's immune system. Marshmallow root and slippery elm bark, two powerful demulcents, are added to support the gut mucosal linings. We recommend **Digestive** formula be taken with a meal, or directly after eating, to assure the maximum probiotic effect.

### Supplement Facts

Serving size: 1 capsule

Servings per container: 90

Amount per serving		%DV
<i>Proprietary Enzyme Blend</i>	175 mg	*
Protease, Amylase, Lipase, Invertase, Lactase, Cellulase, Maltase, Phytase		
<i>Proprietary Probiotic Blend (12 strains)</i>	1.5 Billion Organisms**	*
Lactobacillus acidophilus, L. bulgaricus, Bifidobacterium bifidum, B. infantis, B. longum, L. acidophilus NCFM, L. rhamnosus, L. casei, L. salivarius, L. plantarum, L. paracasei, S. thermophilus		
Betaine HCl	185 mg	*
Marshmallow (root)(Althaea officinalis)	25 mg	*
Slippery elm (bark)(Ulmus rubra)	25 mg	*
Bromelain (2400 GDU/gm)	8 mg	*

\* Daily Value not established.

\*\* At time of manufacture..

**Other Ingredients:** vegetarian capsules (hypromellose, purified water), organic tapioca maltodextrin, silicon dioxide

Recommended Use: 1 capsule during or after each significant meal, or as directed.

### INGREDIENTS:

#### Pancreatic Enzymes (Plant Derived)

All of our pancreatic enzymes are derived from fungi and plants rather than from an animal source. Plant enzymes are much more stable and more active in a broader range pH than animal derived enzymes. This creates better bioactivity and greater utilization from the nutrients eaten in food and from supplementation.

#### Protease

Protease supports the digestion of proteins such as meat, fish, dairy, eggs, and gluten from grains. The importance of protein digestion is vital for the utilization of essential amino acids. Protein digestion begins in the stomach when splitting occurs at the nitrogen bonds to form proteoses, peptones, and polypeptides. In the duodenum digestion continues with the aid of protease and the epithelial cells that line the cell wall.

#### Amylase

Amylase aids in the digestion of carbohydrates such as sugars and starches by catalyzing the hydrolysis of the polysaccharide amylose and similar starch-based polysaccharides into smaller more readily absorbed disaccharides and trisaccharides.

#### Lipase

Lipase assists in the digestion of fats by catalyzing the hydrolysis of ester linkages between fatty acids and glycerol as they occur in triglycerides and phospholipids.

#### Cellulase

Cellulase supports the digestion of fiber found in whole grains, fruits, and vegetables by catalyzing the hydrolysis of cellulose, a ubiquitous hexose, which forms the walls of most plants' cells.

#### Sucrase

Sucrase helps breakdown simple (cane) sugar by splitting the disaccharide sucrose into a mixture of the dextrorotary hexoses, glucose and fructose.

Replaces all previous versions: 7.17.23

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## **Lactase**

Lactase aids in the digestion of dairy/milk products by splitting disaccharides into glucose and galactose monosaccharides. In lactose intolerant individuals the normally present lactase found in the microvilli of the brush border of epithelial cells is not functioning normally.

## **Phytase**

Phytase catalyzes the breakdown of phytic acid found in grains, seeds, tubers, rhizomes and other plant food sources. Phytic acid binds important dietary minerals, which prevent their absorption. Phytic acid is known to inactivate many digestive enzymes.

## **Maltase**

Maltase supports the breakdown of large starch-derived sugars commonly found in the diet by converting the twelve carbon maltose into dextrose. Maltase will also cleave other glucosides.

## **Probiotics:**

The word probiotic means "for life." A probiotic is an organism that contributes to the health and balance of the intestinal tract. A probiotic is often referred to as "friendly," "beneficial," or "good" bacteria because when ingested it creates and helps maintain a healthy intestinal tract. A healthy intestinal tract should contain at least 85% friendly bacteria to limit the over colonization of undesirable microorganisms. Unfortunately, the majority of people have the reverse ratio of 85% "unfriendly" or "bad" bacteria and 15% "friendly" or "healthy" bacteria. Probiotics support the immune system by favorably altering the gut microecology by reducing the number of unfriendly organisms from gaining a greater foothold. Probiotics can also reduce the overgrowth of yeast and fungus and produce substances that can support healthy cholesterol levels when present in a more ideal ratio.

Antibiotics, alcohol consumption, birth control pills, and many pharmaceutical drugs also cause damage to the intestinal flora and to the tissue in the intestinal wall. Poor eating habits, chlorinated drinking water, stress and disease and the use of antibiotics in food production, as well as in medical treatments, can wreak havoc in the gastrointestinal tract by destroying good bacteria and allowing undesirable bacteria to multiply. When the ratio of good bacteria to bad is lowered, undesirable effects such as gas, bloating, constipation, intestinal toxicity and poor digestion may occur. When the ratio of good bacteria to bad is increased, the undesirable digestive disturbances subside and the absorption of nutrients can begin.

**Digestive** formula provides 1.3 billion organisms of 11 distinct strains of probiotics (including DDS-1 Acidophilus) per capsule. These probiotics may assist to replenish levels of beneficial bacteria, help support digestion of food and absorption of vitamins, support the immune system, and help limit the growth of undesirable microorganisms. The probiotics we use are viable in pH levels as low as 2.5.

## **Betaine Hydrochloride**

Betaine HCl is a source of hydrochloric acid (1). Vitamin B-12 and other nutrients require hydrochloric acid for absorption since pancreatic enzymes cannot break down these nutrients. After the age of 25, our ability to produce hydrochloric acid decreases 2% every year. Supplemental Betaine HCl may be helpful for many people as they age.

## **Marshmallow Root**

The applicable parts of marshmallow are the leaves and the root. Marshmallow root and leaf (a well-established and recognized demulcent) contain mucilage polysaccharides that soothe and protect mucous membranes in the intestines from local irritation by forming a protective layer (2).

## **Slippery Elm Bark**

The applicable part of Slippery elm is the inner bark rind. Slippery elm, a powerful demulcent and emollient, contains mucilages as the principal constituents. Used internally, Slippery elm preparations supports the stimulation of nerve endings in the GI tract leading to mucous secretion that may protect and aid in the repair of the delicate mucosal lining of the GI tract (3).

## **Bromelain**

Bromelain is a proteolytic enzyme obtained from the stem and fruit of the pineapple. Bromelain contains active constituents that aid digestion and cell regeneration.

***Patients: Consult with your healthcare professional for the proper use of this formula.***

**For more information about this and other Condition Specific Formulas® please visit our website at:**

[mountainpeaknutritionals.com](http://mountainpeaknutritionals.com)  
email us: [support@mtnpeaknutrition.com](mailto:support@mtnpeaknutrition.com)



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## **REFERENCES:**

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