

prairienaturals®

EnzymeHealth

Digestion • Absorption • Inflammation



Enzymes for Life!

Everyone knows the saying: "You are what you eat." More accurately, "You are what you digest!" Digestive enzymes are the keys to healthy digestion. Supplementing our diets with a variety of natural digestive enzymes ensures that we will unlock, break down, and utilize the many complex and nourishing components of our food. Enzymes have healing power far beyond their use as digestive aids. Enzymes may help to reduce inflammation, improve acid reflux & IBS, relieve constipation, balance pH, increase mineral absorption and reduce intestinal infections.



bileforce

Fat Digestive Enzyme

Solving fat digestion challenges!

Have you noticed a heavy, full feeling after eating high-fat foods? Often, this full feeling occurs when starting a high-fat (ketogenic) diet or simply eating too many fatty foods at a meal. Many people notice bloating, gas, nausea and even pain or tightness on the right side of the abdomen, sometimes lasting longer than 24 hours.

Digesting fats can also be a problem following gallbladder surgery. Bile and pancreatic enzyme production may be inadequate for anyone living without a gallbladder or for those switching to a high-fat diet. High-fat diets (around 50-70% of calories) have become popular, yet our digestive secretions from the liver and pancreas have to catch up. It often takes weeks for production to naturally increase and, sometimes, our bodies are never able to produce sufficient bile and lipase. With age, bile and pancreatic enzyme production can become chronically sluggish. Eating a diet of mostly cooked foods for decades places a metabolic burden on the body's ability to manufacture enzymes and, over time, production decreases.



Bile Force is a fat digestive enzyme that:

- Relieves abdominal bloating, gas and fullness
- Supports digestion, even without a gallbladder
- Supports healthy digestion of fats
- Aids in absorption of fats and fat-soluble nutrients
- Aids in feeling satisfied after eating
- Promotes regular bowel movements
- Helps the cleansing of toxins from the GI tract
- Helps to maintain healthy cholesterol levels
- Supports healthy liver and gallbladder function
- Increases the absorption of the necessary fats for heart, brain & eye health
- Boosts fat-soluble nutrient absorption and can reduce fat cells to support weight loss

Who needs Bile Force?

- People with poor diets: high-caloric intake from carbs, sugars (fructose), saturated fats & alcohol
- Anyone with food allergies and intolerances, celiac disease with gallstones, and/or inflammation of gallbladder and pancreas* (* European journal of clinical investigation.)
- Individuals who are obese and/or have blood sugar disorders
- Persons now living without a gallbladder, or prone to gallstones
- Those diagnosed with fatty liver
- Individuals shifting to a ketogenic or high-fat lifestyle

Each capsule contains:

Bile Salts (Bos taurus bile) Ox Bile Extract (45% cholic acids).....	50 mg
Lipase (Aspergillus niger) (triaclylglycerol lipase).....	78 mg
800 FCC LU	
Pancreatic Enzymes (Bos taurus pancreas) Bovine (8x).....	50 mg
10,000 USP units Amylase	
1,600 USP units Lipase	
10,000 USP units Protease	
Slippery Elm (stem bark inner) (<i>Ulmus rubra</i>).....	80 mg

Non-medicinal: Gelatin (encapsulating agent), magnesium stearate, microcrystalline cellulose.

digestforce

Activated Coconut Charcoal

Activates healthy digestion!

Digest Force offers a therapeutic dose of ginger powder extract. Ginger powder at 500mg given 1–6 times daily may help to relieve gas, bloating and nausea. The terpenes (gingerol & shogaol) that are present in ginger as well as the oleoresin (ginger oil) are thought to provide the digestive aid and protective effects.

The world's oldest detoxifying agent is charcoal, due primarily to its porous network structure. When a process of high heat, pressure and steam is used to "activate" charcoal, its microscopic surface area is vastly increased. Activated charcoal neutralizes the effects of various substances by binding them to its surface – a process known as adsorption. The greater the surface area, the more effective activated charcoal is at adsorbing intestinal toxins and gas.

Today, beyond use in hospitals as an antidote for drugs and poisons, activated charcoal is a global remedy for general detoxification and intestinal disorders.



As a digestive aid, activated charcoal can adsorb many unwanted substances present in the gastro-intestinal tract, which may help:

- Correct diarrhea from many causes
- Control excessive flatulence with bloating and cramps
- Reduce unpleasant smelling gas* or stools
- Combat food poisoning and ingestion of toxins and pollutants
- Reduce intestinal infections (flu virus, bacterial, yeast and mold)
- Counteract the Herxheimer reaction symptoms
- Alleviate the symptoms of yeast die-off
- Neutralize excessive stomach acid for ulcer and reflux relief

Reasons to choose Prairie Naturals Digest Force with activated charcoal:

- 500mg of ginger root powder as a 10:1 extract
- 450mg of activated charcoal derived from pure coconut shells
- Activated coconut charcoal has superior power for adsorption
- Manufactured by one of the world's leading producers with 70 years' experience
- Manufactured under stringent quality control, meets USP standards
- Steam-activated and fully-washed for ultra purity, no additives or chemicals used
- Ultra large surface area with a high adsorption capacity
- No magnesium stearate or other stearates
- No silicon dioxide, maltodextrin or MCC (microcrystalline cellulose)
- Contains no non-medicinal flow agents, carriers or fillers
- Natural plant-sourced, very pure

Each V-capsule contains:

Ginger Root Extract 10:1 (zingiber officinale) 50 mg
equivalent to 500 mg of ginger root powder

Non-medicinal: Activated Coconut Charcoal Powder 450 mg
(derived from coconut shells, ultra large surface area, highly adsorbent, steam activated);
capsules composed of hydroxypropyl methylcellulose and purified water

How our Digestive System Works



Just imagine a 30-foot maze-like passageway winding its way through the center of your body. This miraculous food transport system is your digestive tract. The digestive tract, also called the gastrointestinal tract, has numerous connecting points along its route where food is broken down into simpler chemical forms (nutrients) by specialized enzymes. Digestion and absorption of macronutrients (proteins, carbohydrates and fats) and micronutrients (vitamins and minerals) are dependent on enzymes.

The mouth and stomach

The smell and sight of appetizing food is the first signal the digestive system receives to begin the amazing process of digestion. Even before the first morsel of food enters your mouth, the digestive juices start flowing. With the first bite, ptyalin, an amylase enzyme in saliva, begins the breakdown of carbohydrates into glucose. Chewing food well (some experts recommend 100 times per bite) promotes better digestion even before food enters the stomach where the greatest active chemical digestion begins. Stomach muscle contractions assist the digestive process by kneading the partially digested food while gastric juices containing hydrochloric acid (HCl), pepsin, rennin and water begin the protein-digesting process. Some fat, and to a lesser degree, carbohydrates (which have been converted to sucrose) are also partially digested at this phase of the digestive process. This potent mix of chemicals is so strong that the stomach's membrane lining secretes a protective mucous barrier to prevent these corrosive gastric juices from

References & Sources

Brien S, Lewijh G, Walker AF, et al. Bromelain as an adjunctive treatment for moderate-to-severe osteoarthritis of the knee: a randomized placebo-controlled pilot study. *QJM*. 2006; 11(3):196-207. Klein G, Kullich W. Short-term treatment of painful osteoarthritis tolerance of an oral enzyme combination in painful osteoarthritis of the hip. A double-blind, randomised study comparing oral enzymes with non-steroidal anti-inflammatory drugs. *by colon biopsies in vitro*. *Clin Immunol*. 2008; 126(3):345-52. Rosenberg L, J.apid O, Bogdanov-Berezovsky A, Glesinger R, Krieger Y, Silberstein E, et al. Safety and efficacy of a proteolytic Murine Model of Asthma. *Evid Based Complement Alternat Med*. 2008; 5(1):61-9. Cichoke A. *The Complete Book of Enzyme Therapy*. Garden City Park, NY: Avery Publishing Group; 199

damaging the walls of the stomach. Without adequate mucosal protection, the stomach lining would be burned by its own acids, creating painful stomach ulcers. Digestive activity in the stomach lasts from one to four hours per meal depending on the combination and amounts of food ingested. Liquids pass through the stomach most quickly; next come carbohydrates, then proteins, and finally fats. The secretion of intrinsic factor is another important function of the stomach. This protein substance is absolutely necessary for the absorption of vitamin B12 during the next stage of digestion in the small intestine. The pyloric sphincter at the base of the stomach opens to release this mash of semi-digested food, called chyme, into the small intestine.

The small intestine

There is not too much that is "small" about the small intestine. In fact, this 20-foot section of the digestive tract is charged with accomplishing a huge task—the unlocking and absorption of micronutrients from macronutrients. The activity of enzyme function in the small intestine is supported by enzymes from the food we eat or enzyme supplements we take. Over the course of approximately three hours, the small intestine, with the aid of the pancreas, liver and gall-bladder, breaks down proteins into amino acids, carbohydrates to simple sugars, and fats to fatty acids. As chyme enters the small intestine, the pancreas, nestled below the stomach, contributes alkaline pancreatic juices necessary for the successful completion of the digestive process. These juices contain numerous enzymes. If fats have been eaten, the gall-bladder releases the bile it has stored. Bile is produced by the liver and is not really an enzyme, but rather a fat emulsifier that separates fat into small droplets that pancreatic enzymes break down for absorption. The small intestine is comprised of three sections, the duodenum, jejunum and ileum. Each of these sections absorbs different nutrients through the intestinal wall. For example, calcium, vitamin A, thiamine and riboflavin are absorbed by the duodenum. The jejunum absorbs fats and the ileum absorbs vitamin B12.

The large intestine

Basically used as a holding tank for waste produced through the digestive process, the large intestine, also referred to as the colon, is largely an elimination organ, although vitamin K, water and some electrolyte minerals are absorbed in this final section of the digestive tract. A great many bacteria live in the colon, some of them friendly and beneficial, and others, harmful and disruptive. Incompletely digested food substances can be absorbed by the body as toxins or can feed noxious intestinal bacteria. Proper elimination of waste and bacteria from the colon is largely dependent upon a high fibre diet, adequate water intake, healthy intestinal flora and complete digestion of food. Fibre literally binds toxins and aids their passage through the colon while water encourages smoother elimination. Fibre also encourages the growth of healthy intestinal flora (probiotics).

Having a clearer understanding and deeper appreciation of the way our bodies process and utilize the foods we eat will ideally help us be more mindful of the choices we make that affect this daily miracle that we simply call "digestion". Bon appetite!

enzyme force

with Fibrazyme

Promotes healthy digestion!

Prairie Naturals Enzyme Force with FibraZyme™ is a full-spectrum digestive enzyme blend for the optimal digestion of proteins, carbohydrates, fats and fibre. Enzyme Force does more than treat the symptoms; it helps to correct one of the underlying causes of indigestion – poor enzyme activity! These plant-based enzymes help support and maintain a healthy digestive system by breaking down all the food groups more thoroughly.

Noticeable results include less indigestion, gas, bloating, constipation and acid reflux. Along with better digestion, increased energy and alertness are also reported. A full-spectrum vegetarian, plant-based enzyme blend in V-Caps! 100% Vegan. Tested gluten-free.



Enzyme Force is an all purpose digestive aid that:

- Promotes better digestion of proteins, fats, carbohydrates and fibre
- Features amylases (for starch breakdown), proteases (for protein breakdown), and lipases (for fat digestion)
- Includes Fibrazyme™ a fibre-digesting enzyme blend of cellulase, hemicellulase and phytase
- Provides optimal enzymatic activity, potency, safety and efficacy
- Noticeably reduces indigestion, gas, bloating, constipation and acid reflux
- Acts quickly to improve digestion, increase energy and alertness
- Enhances full-spectrum enzyme activity and promotes better nutrient assimilation

Each V-capsule contains:

Protein-digesting Enzymes

Protease (<i>Aspergillus oryzae</i>).....	50,000 FCC HUT
Papain (<i>Carica papaya</i> , fruit)	50,000 FCC PU
Bromelain (<i>Ananas comosus</i> , stem)	1,800,000 FCC PU

Carbohydrate-digesting Enzymes

alpha-Amylase (<i>Aspergillus oryzae</i>).....	11,250 FCC DU
Glucoamylase (<i>Aspergillus niger</i>).....	50 FCC AGU
alpha-Galactosidase (<i>Aspergillus niger</i>)	125 FCC GalU
Lactase (<i>Aspergillus oryzae</i>).....	500 FCC ALU
Invertase (<i>Saccharomyces cerevisiae</i>)	200 FCC SU
Phytase (<i>Aspergillus niger</i>)	7 FCC FTU

Fat-digesting Enzymes

Lipase (<i>Candida Rugosa</i>).....	533.33 FCC LU
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Fibre-digesting Enzymes

Cellulase (<i>Trichoderma longibrachiatum</i>)	1,200 FCC CU
Pectinase (<i>Aspergillus niger</i>).....	45 Endo-PG
beta-Glucanase (<i>Trichoderma longibrachiatum</i>).....	34 FCC BGU
Hemicellulase (<i>Aspergillus niger</i>).....	3,230 FCC HCU
beta-Xylanase (<i>Trichoderma longibrachiatum</i>)	300 XU
Betaine hydrochloride (<i>Beta vulgaris</i> -isolate)	50mg

Non-medicinal: Maltodextrin (non-GMO), magnesium stearate, natural peppermint flavour; capsules composed of hydroxypropyl methylcellulose and purified water.

betaineHCL

Promotes Healthy Digestion

A pure and simple digestive aid!

Your fast-acting solution to low stomach acid. Betaine Hydrochloride is an important natural digestive aid, especially for older people. It promotes sufficient stomach acid production for the relief of burning, indigestion, reflux, gas, bloating and fatigue after eating.

Betaine HCL is a natural digestive aid that:

- Provides hydrochloric acid (HCL) derived from beets
- Alleviates digestive distress related to low stomach acid
- Helps people over the age of 50 who have diminished HCL production
- Supports the digestion of proteins and fats
- Quickly and safely increases the stomach acid we require for basic digestion
- Helps to initiate the conversion of pepsinogen to pepsin
- Encourages the flow of pancreatic enzymes and bile
- Ensures the proper absorption of calcium, iron and vitamin B12

Each V-capsule contains:

Betaine Hydrochloride (HCL) 500 mg
 Peppermint Leaf 20:1 Extract (Mentha x piperita) *1200 mg Crude Herb Daily Equivalent *60 mg

Non-medicinal: Natural peppermint flavour, microcrystalline cellulose, magnesium stearate, silicon dioxide and capsule composed of hydroxypropyl methylcellulose and water.



serraforce 120,000 SU

Enteric Coated Serrapeptase Enzyme

Super strength enzymatic pain reliever!

Super Strength Serra-Force contains 120,000 units of enzyme activity as an effective and safe inflammation and pain remedy. Unlike nonsteroidal anti-inflammatory drugs (NSAIDs) and prescription anti-inflammatory drugs, Serra-Force does not cause ulcers and stomach bleeding. More than just a powerful anti-inflammatory agent, Super Strength Serra-Force can also help chronic sinusitis by improving the elimination of mucus. It may also enhance cardiovascular health by breaking down fibrin and blood clots, as well as relieve chronic and acute pain and reduce swelling.

Serra Force is an enteric-coated natural enzyme that?

- Improves elimination of excess mucus
- Reduces inflammation and related pain
- May enhance cardiovascular health
- Provides super strength, pain relief
- Alleviates chronic sinusitis

Each V-capsule contains:

Serrapeptase (Serratia peptidase) (Serratia marcescens) 55 mg120,000 SU

Non-medicinal: Maltodextrin, dicalcium phosphate, magnesium stearate; capsule containing purified water & hypromellose.



10 Signs of Enzyme Deficiency

Most of us know all too well the obvious symptoms of indigestion such as bloating, tummy aches, constipation and gas. But you'll be surprised to know that the following 10 less obvious symptoms of enzyme deficiency might also indicate the need for supplemental digestive enzymes and beta.

- 1 Skin rashes and irritations** - Incomplete digestion can lead to food sensitivities that manifest as skin problems
- 2 Fatigue and drowsiness** - When so much energy goes to trying to compensate for a lack of digestive enzymes, is it any wonder that a body feels unbearably tired after eating?
- 3 Bad breath** - Our mouths are just the beginning of a long digestive journey. Adequate enzymes, every step of the way, helps keep breath fresher.
- 4 Irritability** - We all know how cranky babies get with colic. Adults with indigestion get just as irritable.
- 5 Insomnia** - Indigestion is noisy and painful. A happy, calm tummy is crucial for a good night's sleep.
- 6 High cholesterol** - All the way back in 1958, Stanford researchers realized that low enzymes and high cholesterol were linked.
- 7 Weight gain** - Fat utilization is improved with enzymes, leading to less of it being stored in obvious places - hips, belly, upper arms, thighs.
- 8 Food allergies** - Without adequate protein-digesting enzymes, undigested food particles leak through the intestinal wall, triggering food allergy symptoms.
- 9 Inflammation** - from injuries or arthritic conditions have been shown to respond well to the anti-inflammatory effects of bromelain.
- 10 Sinusitis** - An increased incidence of sinusitis might be related to chronic inflammation in nasal mucous membranes



Available in: (Betaine HCL 60/120 V-Caps) (Bile Force 60/120 Capsules)
(Enzyme Force 30/60/120 V-Caps) (Digest Force 15/60/120 V-Caps) (Super Strength Serra Force Bonus 140 V-Caps)