



Introduction:

The use of enzymes as supplements to help in daily food digestion dates back to the first half of 20th century and was originally inferred by their ubiquitous presence in raw foods. Food processing (Such as refining and cooking) inactivates these compounds and makes nutrients less susceptible to the breakdown into the gastro-intestinal tract by the set of body's digesting enzymes. Troubles can occur if a dysfunction in the ability to produce enzymes develops or if the demand exceeds their availability. Several conditions can lead to or are associated to enzymatic dysfunction: genetic predisposition, illness, injuries, excessive exercise, aging, exposure to drugs and other xenobiotics or a combination thereof. Proper enzymatic digestion is crucial for optimal health and well-being by breaking down foods to provide cells with energy and

nutrients, including essential vitamins and minerals. Imbalance in this system often leads to abdominal pain, bloating, diarrhea, constipation, nausea, changes in body weight, heartburn and reflux.

What is it?:

Enzi-mix® is a high-strength blend of digestive enzymes especially formulated to ease the digestion of a broad spectrum of nutrients, also enhancing their gastro-intestinal absorption. It contains calibrated doses of: lactase, amylase, rotease, gluco-amylase, cellulase, lipase and pectinase. Daily **Enzi-mix®** supplementation is recommended for optimal carbohydrates, proteins, fibers, fats and lactose digestion in people suffering from post-prandial abdominal bloating, pain and discomfort.

Enzi-mix® provides a calibrated mix of fungal enzymes helping the body breaking down a broad

range of nutrients and fibers. It is active at body temperature, resists acidic stomach environment and acts mainly in the small intestine. Supplementation with **Enzimix®** is advisable in people with digestion disorders, including lactose intolerance, as an aid in detoxification programs, to achieve energy balance, to help control body weight. **Enzi-mix®** supplementation may also help fighting allergies and enhancing immunity through gut health balance.

Origin:

Active enzymes inside Enzi-mix® are obtained by fermentation of natural polysaccharides by non-toxic fungal organisms. More deeply, a non-toxic, non-GMO strain of *Aspergillus oryzae* is used as a starter and is completely removed at the end of the

fermentation process in order to avoid any risks of allergic reactions in susceptible individuals.

Aspergillus oryzae is 100 % safe and has a longstanding tradition of use in the manufacturing of fermented foods such as soybeans to produce soy sauce, tamari and miso. **Enzi-mix®** does not contain animal derived enzymes.

Composition:

- Amylase (1.500 DU)
- Protease (3.000 HUT)
- Glucoamylase (2 AGU)
- Lipase (112.50 FCC-FIP)
- Cellulase (300 CU)
- Lactase (500 ALU)
- Pectinase w/Phytase (7-endo-PGU)
- Rice maltodextrin (q.s.)

Suggested dosage: 100 mg taken with each meal.