

# YOUR GUIDE TO THE DIGEST PREMIUM WEEKEND CHALLENGE



**TUMMY TROUBLE? YOUR DIGESTIVE SYSTEM MIGHT NEED MORE SUPPORT. TRY TAKING DIGEST PREMIUM FOR A WEEKEND EATING THE USUAL FOODS YOU ENJOY AND FEEL THE DIFFERENCE!**

## **HOW TO TAKE THE CHALLENGE:**

This guide contains information on the product and digestive enzymes.

It also includes 6 Digest Premium samples—simply take one sample with each meal over the 2 day trial.

At the end of your weekend, complete the questionnaire to let us know how you feel, and send to Research Nutrition.



Enzyme Specialists



Vegan and Gluten Free



Absolutely filler free



Non GMO



Green Business Practices

**ENZYMEDICA®**  
— The Enzyme Experts —

# ENZYMES ASSIST HEALTHY DIGESTIVE FUNCTION



**THROUGH DIGESTION, THE BODY BREAKS DOWN FOODS SO THAT THEY CAN NOURISH CELLS AND PROVIDE ENERGY. ENZYMES ARE KEY PLAYERS IN THIS PROCESS.**

We all normally produce digestive enzymes naturally, however, as we age, our bodies produce fewer of the enzymes that we need.

There are many different kinds of enzymes, and they each have a specific purpose. Sometimes people simply have a deficiency of a certain type of enzyme, which can be why some food intolerances occur. For example, lactose intolerance is caused by a deficiency of the enzyme lactase.

The good news is that studies have shown that supplementing with the right combination of digestive enzymes may improve and maintain your digestive health. The result might be improved regularity, less digestive discomfort, and better assimilation of vital nutrients.

## PRODUCT INFORMATION

Enzymedica is a Florida company that was founded in 1998 with the purpose of offering the highest-quality enzyme products possible. Today, they are one of the global leaders in the industry - exclusively producing high quality enzyme formulas.

The enzymes in Digest Premium™ support optimal digestion by helping the body absorb nutrients and convert food into energy.



Digest Premium contains amylase, lipase, cellulase and protease enzymes, for breaking down carbohydrates, fats, fibre and protein.

- **Protease Blend** - active at a wide pH range - helps break down proteins, including gluten and the dairy protein casein
- **Tilactase (lactase)** helps the body break down lactose
- **Amylase** is responsible for breaking down starch and carbohydrates into smaller sugars
- **Lipase** helps the body break down fats
- **Cellulase** helps the body digest dietary fibre



## **WHAT ARE DIGESTIVE ENZYMES?**

Digestive Enzymes are biologically active proteins found in all living cells. Digestive enzymes turn the food we eat into energy which may be utilised by the body for various biological processes. Our bodies naturally produce digestive enzymes, as they are needed.

## **WHY TAKE DIGESTIVE ENZYME SUPPLEMENTS?**

Enzymes are essential to the digestive process. They help to maximise nutrient extraction and turn consumed food into energy. When foods are cooked or processed, the enzymes contained within the food can be destroyed, requiring the body to use its own enzymes to break down foods eaten. Enzyme deficiencies may be hereditary or result from a combination of age, diet and lifestyle factors. These deficiencies can lead to a variety of digestive discomforts, including occasional gas, bloating, indigestion and irregularity. The typical benefits of enzyme supplementation include reduced digestive distress and improved regularity. Promoting proper digestion may also help relieve occasional constipation and irregularity by encourage a healthy intestinal environment.

## **WHAT SIDE EFFECTS SHOULD I EXPECT FROM THE USE OF SUPPLEMENTAL ENZYMES?**

Enzymes typically have positive effects such as relief from digestive complaints. Few negative effects are reported. A very small percentage of people have reported upset stomach and soft stool (more frequent and softer bowel movements) when first beginning to take a high-potency digestive enzyme supplement. As with any adverse effect, discontinue use and consult a health care practitioner.

## **HOW QUICKLY WILL I FEEL RESULTS WITH THE USE OF ENZYME SUPPLEMENTS?**

Some individuals insist that the effects of digestive enzymes can be felt more quickly than other nutritional products. The typical experience allows for the consumer to make an educated decision on the continuing use of a particular product within just a few days to a few weeks because of the speed of results with enzymes.

## **IS THIS PRODUCT SAFE FOR EVERYONE?**

Enzymedica's Digest Premium can be taken by both children and adults.

# HOW DO YOU FEEL AFTER YOUR CHALLENGE?

***We would love to hear your feedback! Please complete the below anonymous questionnaire to let us know how you feel after your 2 day challenge!***

State \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Why did you decide to start taking digestive enzymes?

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What was the overall result of taking Enzymedica's Digest Premium for 2 days?

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Has your quality of life improved? \_\_\_\_\_

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Please tick if you are happy for us to share your feedback with others

***Thanks!***

***Please scan or take a photo of this form and email to [support@researchnutrition.com.au](mailto:support@researchnutrition.com.au)***



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