



# The Three Things You Need To Know About Enzymes and Absorption

## 1. Why Does The Body Need Enzymes?

Enzymes and absorption go hand in hand. More than 2,000 different enzymes play an active role in digestion, absorption and many other important bodily functions. Enzymes are necessary catalysts for healthy chemical reactions inside the body. Enzymes are, very simply put, protein based substances that bind with other nutrients that bring about changes in the body by speeding up tasks such as digesting food, absorbing nutrients, and maintaining and repairing tissue.

Enzymes work together in perfect harmony with other necessary nutrients called co-factors such as vitamins, minerals, essential fatty acids, and phytochemicals. Nature's perfect complex requires all of the other team players to be present or the game does not happen. That may be the biggest reason why supplementing with synthetic vitamins and not whole food vitamins, or supplementing with various other nutrients alone does not work. No single nutrient without the others will be the single magic bullet. Nature is more complex than this. So, enzymes without co-factors will have no activity. That's why our supplements are enzyme enhanced with EDS™.

## 2. Why Take Supplements With Added Enzymes?

Because you want to get the best result from the supplements you take. The body cannot fully utilize supplements without enzymes and they often pass through the digestive tract intact and unabsorbed. The vitamins, minerals and key ingredients require that enzymes act on them in order to release their beneficial powers. If the body is unable to supply those necessary enzymes in the proper quantities at the proper time, the vitamins minerals and herbs simply become inert materials and pass unused through your body. Enzymes are responsible for digestion, absorption, transportation, and metabolization. Again, every organ, every tissue, and all the 100 trillion cells in our body depend upon the reaction of enzymes and their energy factor. That's why our supplements are enzyme enhanced with EDS™.

## 3. What Are The Lifestyle Factors That Inhibit Absorption and Increase The Need For Enzymes?

**Stress:** since this body-wide nervous system response is an inhibitor to digestion (and most nonemergency bodily functions), it negatively affects absorption. Many people take antacids to reduce their symptoms, but antacids can also decrease absorption of some nutrients, so taking them can be counterproductive.

**Drugs:** any drug has the potential to affect nutrient absorption, so it's best to check with your doctor or pharmacist to find out if your medications could be a culprit.

**Alcohol:** even when nutrient intake approaches the recommended daily amount, alcohol consumption can cause deficiencies.

**Caffeine:** You don't necessarily have to give up your morning coffee in order to absorb nutrients, but do wait at least an hour between consuming caffeine and meals or supplements. **Exercise:** Intense exercise can be great for body and soul, but a tough workout (above 75 percent of your maximal oxygen uptake can affect how efficiently you soak up nutrients.

# What does this mean when choosing a supplement?

Most of the run of the mill supplements that people take actually just pass through and are eliminated from the body, reducing the amount of potential benefit of that nutrient. Maximize the body's potential for total health and balance with enzyme enhanced products. These products are formulated to work the same way the body works, as a dynamic system. By harnessing the power of enzymes the body improves its ability to absorb vitamins and key ingredients. That's why our supplements are enzyme enhanced with EDS™.

## The Answer Lies

## In The Enzyme Delivery System™ EDS® Professional Botanicals is the Only Line of Formulas Containing EDS™

The **ENZYME DELIVERY SYSTEM™** a proprietary blend of enzymes which has been added to these formulas. This proprietary blend has harnessed the power of enzymes to improve the body's absorption of vitamins and key ingredients.

**EDS™** contains the following group of enzymes that is generally considered to be primarily digestive enzymes:

**AMYLASE:** a group of proteins found in saliva, pancreatic juices and parts of plants, helps to convert starch to sugar.

**CELLULASE:** not produced in the body and needed to optimize the amount of energy contained in plant material.

**LIPASE:** is the main enzyme responsible for breaking down fats in the human digestive system.

**PROTEASE:** an enzyme that conducts proteolysis, that is to say it begins the breakdown of food proteins, it is involved in a multitude of physiological reactions.