GOOD ZYMES™ DIGESTIVE ENZYMES FAQS

What are digestive enzymes?
Digestive enzymes are specialized proteins produced in the stomach, pancreas, and small intestine that take the food we eat and break it down into the nutrients the body can absorb and utilize. Different enzymes break down different types of food. Without the proper level of each type of enzyme, our bodies cannot properly digest food, preventing us from getting the nutrients we need and often causing undesirable effects such as cramping, bloating, gas, and indigestion.

What role do digestive enzymes play in nutrition?
Digestive enzymes are essential to good nutrition as well as digestive comfort. Essential macro- and micro-nutrients (proteins, carbohydrates, fats, vitamins, and minerals) are required in specific amounts for the body to function properly. They are called “essential” because the body cannot synthesize them internally, and must be obtained from the diet. Once eaten, the foods containing these nutrients must be digested, meaning they must be broken apart and reduced to a state in which the nutrients can be absorbed into and transported by the blood stream to all parts of the body. Digestive enzymes are catalysts in this process. A catalyst increases or accelerates the rate of a reaction. Without enzymes, proper and complete digestion is not possible before the food passes out of the body as waste. When this happens, the body is unable to reap the benefits of undigested nutrients. A body that does not consistently and efficiently absorb the essential food nutrients cannot maintain optimum health.

How does Good Zymes Digestive Enzymes work?
Every nutrient you consume has a corresponding digestive enzyme responsible for breaking it down into the building blocks your body uses. Good Zymes contains 18 diverse digestive enzymes that are designed to work alongside your body’s own digestive enzymes to fully and efficiently break down food into its smallest and most readily available forms, so it can be absorbed and utilized effectively by the body’s metabolic processes.

What makes Good Zymes Digestive Enzymes so important?
The use of enzyme-based products dates back thousands of years. Currently, digestive enzymes are the second largest digestive dietary supplement on the market, next to probiotics. Their popularity is expected to grow dramatically as more people become educated and informed about the benefits of digestive enzymes. Good Zymes is important to the digestive health and comfort of those who have occasional digestive issues. In these individuals, Good Zymes serves as a digestive aid by helping to properly break down and digest proteins, dairy, carbohydrates, fats, starches, and fiber.*

Good Zymes also serves as a nutrient boost by helping to increase nutrient availability and accessibility during digestion.*

Good Zymes can also help increase feelings of energy while reducing the feelings of sluggishness and tiredness after eating. Aiding the breakdown and absorption of foods can free up significant amounts of energy, increasing physical vitality and energy levels.*

Finally, Good Zymes offers soothing relief by helping to relieve and prevent occasional gas, bloating, cramps, and indigestion.*

What makes Good Zymes different than other enzyme supplements on the market?
Good Zymes is superior to other digestive enzyme products in at least three vital ways: First, with 18 unique digestive enzymes, Good Zymes is one of the most comprehensive blend of digestive enzymes available.

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Second, it is formulated to assist with gluten digestion.† And third, because different enzymes have their own optimal pH ranges, Good Zymes delivers the right enzymes in the right locations to offer digestive relief and increase the bioavailability of the nutrients your body needs.*

**What would cause the need for Good Zymes Digestive Enzyme supplementation?**

Nearly one in three people in the U.S. experience some kind of occasional digestive problem. The most common cause is simply age. As we age, our digestive system slows its production of digestive enzymes. If you’ve noticed that you just can’t eat the foods you used to without discomfort, it may be that a digestive enzyme deficiency is to blame. Other contributing factors include family history; stress; lack of sleep; frequent overeating; health factors that affect the gallbladder, pancreas, stomach, or small intestine; and even the modern diet. Processed foods with preservatives, nitrates, and other additives, do not contain the digestive enzymes needed for proper digestion and absorption of nutrients. Because the modern diet is made up mostly of these foods, the need for enzyme supplementation has increased.

**How do I know if I need Good Zymes?**

You may benefit from Good Zymes if you occasionally experience any of the following:
- Gas and bloating after meals
- Heartburn
- Constipation
- Diarrhea
- Frequent belching
- The sensation that you have food sitting in your stomach (like a rock in your gut)
- Feeling full after eating a few bites of food
- Undigested food in your stool
- Consistent floating stools
- Oily stools (from undigested fat)

If these symptoms manifest shortly after eating certain types of food, Good Zymes may be able to offer the relief you’ve been searching for by actually protecting your digestive system from occasional inflammatory attacks and future subsequent conditions.

Good Zymes is safe for adults when used as directed, so if you are unsure whether or not it is right for you, you can simply try the product and see if you notice a difference.

**What are each of the enzymes in Good Zymes and what do they do?**

**Protease 4.5 (40,000 HUT):** With an effective pH range of 2.75 to 6.25, protease 4.5 helps in the digestion of protein in the stomach and superior duodenal region of the small intestine.

**Protease 6.0 (10,000 HUT):** With an effective pH range of 2.75 to 7.0, protease 6.0 works synergistically with the body’s enzymes to provide protein digestion through all portions of the digestive tract.

**Peptidase (10,000 HUT):** Selectively hydrolyzes protein molecules into amino acids.

**Bromelain (1,000,000 FCCPU):** Aids in protein digestion by breaking down proteins into amino acids and peptides.

**Neutral bacterial protease (10,000 PC):** Breaks down polypeptide bonds and helps in protein digestion.

**Amylase (15,000 DU):** Helps in the breakdown of carbohydrates into simple sugars. Breaks down large carbohydrates like starch and other polysaccharides into disaccharides and glucose.

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† Not intended to help people with food allergies or Celiac disease.
**Glucoamylase (30 AGU):** Breaks down maltose into glucose in the small intestine. This enzyme works in synergy with sucrase-isomaltase and alpha-amylase to digest the full range of dietary starches.

**Lactase (3,000 ALU):** Essential to the complete digestion of whole milk and other dairy products, lactase breaks down lactose, a sugar responsible for milk’s sweetness.

**Acid maltase (15 MaltU):** A food grade fungal enzyme complex responsible for breaking down starch and other polysaccharides.

**Alpha-galactosidase (250 GalU):** Helps in the digestion of foods containing high amounts of carbohydrates and fiber, such as those in the legume and cruciferous vegetable families.

**Pectinase (25 endo-PGU):** Enzyme responsible for breaking down pectin, a structural carbohydrate found in plant cell walls.

**Lipase (3,000 FIP):** Responsible for breaking down fats (triglycerides) found in most dairy products, nuts, oils, and meat.

**Xylanase (400 XS):** Breaks down xylan sugars in grains such as corn. Also helps reduce the bulking effect of fibrous foods.

**Invertase (500 SU):** Helps in the digestion of refined sugars that are common in modern diets.

**Cellulase (440 CU):** Helps break down cellulose, or plant fiber.

**Beta-glucanase (16 BGU):** Breaks down the beta-glucans in cellulose plant fiber, cereal bran fiber, certain types of fungi, and yeast.

**Hemicellulase (1,214 HCU):** Breaks down glucans, galactans, mannans, pentosans, xylans—the fiber-rich components of fruits, vegetables, and many grains.

**Phytase (3 FTU):** Helps the body digest phytic acid as well as minerals such as calcium, zinc, copper, and manganese.

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**Why take Good Zymes Digestive Enzymes if I can just eat raw foods?**

While raw diets are recognized as healthy, they are also uncommon and not always advisable. For example, raw meat also carries with it the possibility of bacterial toxins. In addition, raw foods do not always contain significant amounts of enzymes to completely digest the food. Enzyme supplements are a concentrated form of food enzymes that you may add to any diet so breakdown of food will occur at a faster rate.

Additionally, some raw foods contain enzyme inhibitors. Raw foods such as peanuts, raw wheat germ, egg whites, nuts, seeds, beans, peas, potatoes, and lentils are healthy raw foods that actually neutralize some of the enzymes your body produces.

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**Aren’t enzymes taken orally destroyed by stomach acid?**

While some forms of enzymes can be neutralized by the low pH of stomach acid, Good Zymes includes a broad variety of enzymes that work at different pH levels to provide maximum effects. In vitro studies have been carried out on Good Zymes and have revealed that Good Zymes survives the stomach acid so it can deliver its enzymes to the proper place in the body to be activated.*

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Can proteases be dangerous?
When used as directed, Good Zymes has been found to be safe. Proteases can be dangerous when large quantities are inhaled.

When used as directed, will enzymes digest my mouth, stomach, or intestines?
No. If this were possible, the enzymes produced by your own body would have already digested your organs and tissues. Instead, digestive enzymes target the denatured (cooked or damaged) proteins found in foods. Most proteins, in their healthy state, are coiled and globular in structure. This prevents the enzymes from having access to cleavage sites. When heated or in extremes of pH (like stomach acid), the proteins uncoil, exposing sites where the enzyme can bind and cleave.

Also, the cells of our bodies and the mucosal lining of the gastrointestinal tract contain protease inhibitors that inactivate certain protease enzymes. The mucosal layer acts as a physical barrier to proteolytic activity on living cells.

Why do I need supplemental digestive enzymes if my body already makes them?
Whether it is from age, stress, genetics, or diet, the body does not always make enough digestive enzymes. Taking supplemental digestive enzymes like those found in Good Zymes can aid the body with proper digestion as well as help to relieve digestive discomforts such as bloating and gas.

Can one become dependent upon oral enzymes? Will the pancreas stop functioning if I take enzymes for a long time?
No. Research has shown some adaptability of the pancreas in animals. Giving oral enzymes resulted in a slight decrease in pancreatic enzyme output that quickly returned to normal once supplementing with enzymes stopped. The pancreas does not stop functioning.

Will taking supplemental digestive enzymes inhibit the body’s ability to make its own enzymes?
No. It is the presence of hormones and food, not enzymes, that signals the secretion of more or less enzymes. Taking Good Zymes supports and assists the digestive function; it does not inhibit it.

Why does each enzyme in a digestive supplement have a different unit of activity?
Enzyme activity is measured by chemical tests known as assays. Every enzyme has its own assay method which is reported in activity units. For example, DU is the FCC (Food Chemical Codex) method for amylase. HUT is a compendial method, published in the FCC, for proteases. Each test has its own unit which is typically used to identify the activity of enzyme supplements.

Do I have to get my doctor’s approval?
Although enzymes are already a part of the healthy food you eat every day, it is a good idea to get the input of your health care professional when making significant changes to your health routine.

I learned that fiber is the indigestible parts of plants. Why would I need to take fiber-digesting enzymes?
Humans lack the ability to make enzymes, like cellulase or gluconase, that break down fiber. Our bodies can only partially break down dietary fiber, or cellulose, through fermentation by our healthy intestinal bacteria. This may limit our utilization of the many antioxidants, vitamins, minerals, and other beneficial nutrients found in fiber-containing foods. Fiber-digesting enzymes can help assist in the breakdown of these sometimes difficult-to-digest foods and optimize nutrient availability, and can also help relieve occasional digestive difficulties such as gas and bloating.*

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When should I take Good Zymes Digestive Enzymes?
Take one or two Good Zymes capsules right before eating a meal. Do not take on an empty stomach.

What is the difference between digestive enzymes and probiotics?
While they both have key roles in digestive health, they have very distinct roles. Digestive enzymes are proteins that are responsible for breaking down and digesting food. Probiotics are the “good bacteria” that restore the balance of bacteria in the gut and help move the food through the gut. So enzymes break the food down and free the nutrients, and probiotics help ensure the nutrients can be absorbed. Probiotics are also essential to helping maintain a balanced intestinal environment.*

If I am taking Good Zymes, is it also beneficial to take Florify?
Yes! Good Zymes taken with meals along with a daily dose of Florify help contribute to complete digestive health. Together, they help:
• Balance pH*
• Break down proteins, carbohydrates, fats, and fiber*
• Boost nutrient availability and absorption*
• Promote timely elimination of toxins through the colon, kidneys, skin, and lungs*
• Decrease the incidence of improperly digested food becoming toxic in the body*
• Support gastrointestinal tract health and wellness*

Should Good Zymes Digestive Enzymes be refrigerated?
No, it is not necessary to refrigerate Good Zymes. We suggest that it be kept in a cool, dry place (at or below room temperature).

Can I take Good Zymes Digestive Enzymes with my other supplements?
Yes. Digestive enzymes are usually taken with various other supplements such as probiotics, a multi-vitamin, or fiber supplements. Normally we suggest taking digestive enzyme supplements before or with meals, fiber two hours before meals, and other supplements after meals.

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