

Enzymes for Optimum Digestion

Wouldn't it be great if your body could actually utilize all of the nutrients in the food you eat? All those vitamins, minerals, amino acids, and trace minerals provide your body with the vitality, and pep to live life to the fullest. Our bodies are meant to make the most of each meal, but so few of us are able to make it happen.

Enzymes, tiny molecules that help break down the food you eat every day, are rapidly becoming a thing of the past in today's poor diet. Fresh fruits and vegetables are rich in digestive enzymes, but once you cook food, the enzymes are lost. And even some fresh foods have fewer enzymes than in years past, due to overharvesting and environmental factors. Your body also produces enzymes on its own, but it's important to supplement those natural stores for optimal nutrient absorption, and digestive function. Enzy-Rite from 4Life® provides a powerful source of plant enzymes in its exclusive NDS Enzyme Blend to promote digestive system function and while maximizing nutrient absorption from the food you consume.

Key Points

- **Promotes Optimum Nutrient Absorption:** Your body's ability to use all of the nutrients from the food you eat depends on a healthy supply of digestive enzymes. When your body utilizes the maximum amount of nutrients, your whole body benefits. Enzy-Rite provides a proprietary enzyme blend to promote optimum nutrient absorption
- **Supports Healthy Digestion Function:** Your body requires ample amounts of enzymes in order to digest food properly. Enzy-Rite contains five different enzymes to support your body's ability to effectively break down all of the food you eat on a daily basis.

Did you know?

The health of your digestive system affects your body's overall wellness level, playing an important role in the regular elimination of toxins and the proper assimilation of nutrients.

Consuming plenty of water every day is paramount to good digestion. It aids the digestion process and keeps things moving along. Beverages will get you halfway there, but the rest of your water intake will come from food, including fruits and vegetables.

Technical Points

An enzyme is a protein that acts as a catalyst. Enzymes bind themselves to a substance, converting it into a different substance. In the case of digestion, enzymes bind to food and break them down into smaller particles that can be readily used by the body.

Different enzymes perform specific jobs. Four common types are:

- Protease – breaks down proteins (found in milk, eggs, meats, and beans)
- Amylase – breaks down carbohydrates and some sugars
- Lipase – breaks down fats
- Cellulase – breaks down cellulose, which makes up plant fibers and tissues



DIRECTIONS: Take one (1) capsule twice daily with 8 oz. of fluid.

Serving Size: One (1) capsule
Servings Per Container: 60

Supplement Facts

Amount Per Serving		%DV
Vitamin C (as ascorbic acid)	60 mg	100%
Proprietary NDS Enzyme Blend	210 mg	0%
Fungal Protease (<i>Aspergillus oryzae</i>)		*
Fungal Amylase (<i>Aspergillus oryzae</i>)		*
Fungal Lipase (<i>Rhizopus oryzae</i>)		*
Cellulase (<i>Aspergillus niger</i>)		*
Pectinase (<i>Aspergillus niger</i>)		*
Citrus Bioflavonoids (from lemon, orange and grapefruit peel)	130 mg	*

* Daily Value (DV) not established



Other Ingredients: gelatin capsule, rice bran, magnesium stearate.

Ordering Information

Item # 7170 - 60 ct/bottle

Item # 7172 - 12 for the price of 11