

# Plant Enzymes

*Nature's Harmony® Plant Enzymes is an exceptional natural digestive aid that helps to improve food digestion and, therefore, the assimilation of nutrients. This unique formula is especially helpful for those whose own pancreatic enzyme production is low.*

PRODUCT CODE: 400837

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
As support for digestion.	Capsules	Adults take 1 capsule before each meal. Do not exceed three capsules per day. Consult a health care practitioner for prolonged use.

## DESCRIPTION:

Each capsule of Nature's Harmony® Plant Enzymes contains 125 mg of amylase (providing 350 SKB1/g), 125 mg of protease (providing 500,9000 HUT2/g), 50 mg bromelain (providing 2,000 GDU3/g), 50 mg papain (providing 2,000 PU4/mg), 50 mg cellulase (providing 1,000 CU5/g), 50 mg lipase (providing 8,000 USP6/g), 40 mg lactase (providing 1,000 LACU7/g), and 10 mg acid protease (providing 500 SAP8/g). This product is free of corn, dairy, egg, gluten, shellfish, soy, sulfites, and artificial colours, flavours, and preservatives.

1. SKB = Sandstedt, Kneen and Blish; 2. HUT = hemoglobin unit tyrosine base; 3. GDU = gelatin-digesting units; 4. PU = papain units; 5. CU = cellulase units; 6. USP =US Pharmacopeia; 7. LACU = lactase units; 8. SAP = serine alkaline protease.

**Recommended Daily Allowance:** N/A

**Food Sources:** N/A

**Causes of Deficiency:** Genetics, illness, injury, excess exercise and lack of exercise, aging, toxins, stress.

**Symptoms of Deficiency:** Indigestion, pancreatitis, heartburn, gas, diarrhea, constipation.

**Complementary Nutrients:** Healthful diet and lifestyle.

## HOW IT WORKS:

Pancreatic enzymes have a long history of use in treating a wide variety of digestive conditions. The pancreatic enzymes amylase and acid protease act on carbohydrates and protein, respectively. Bromelain also helps to digest protein, as well as fibrin, and papain acts in much the same way on protein as the digestive enzyme pepsin, which is produced in the stomach. Cellulase is the enzyme necessary to digest the fruit and vegetable fibre cellulose, and lipase acts on fats. Lactase is necessary to break down the milk sugar lactose, and it may be helpful to those who are lactose intolerant. An enzyme combination has a number of therapeutic advantages over a preparation with only one or two components, resulting in a wider range of optimal pH, synergism of the combined enzymes, greater absorption, higher level of effectiveness, and broader range of application. Because this formula is so effective in improving food digestion, it therefore improves nutrient assimilation.



## DID YOU KNOW...

*Food processing and some methods of cooking can destroy the natural digestive enzymes in the food.*

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## RESEARCH:

The ingredients in this formula have been studied alone and in combination, and they have been shown to be significantly effective in improving digestion, establishing the beneficial role of oral enzyme supplementation. Human trials directly demonstrate that the enzymes in this formula indeed reach the stomach and small intestine intact and exert biologically relevant actions. Furthermore, the enzymes have been well characterized as to their sites of action regarding their respective substrates.

## SIDE EFFECTS:

Occasional gastric disturbances may occur in those individuals taking high doses who are sensitive to bromelain or papaya (papain).

## INTERACTIONS AND SAFETY CONSIDERATIONS:

Do not use if you have stomach ulcers.

## OTHER CONSIDERATIONS:

Do not use if you are pregnant or breastfeeding. Keep out of reach of children.

## LABEL:



**Enzymes végétales**  
500 mg  
Pour le soutien de la digestion  
60 capsules  
EN 122355

**Usage recommandé:** Pour soutenir la digestion.  
**Dose recommandée (Adultes):** Prendre 1 capsule immédiatement avant chaque repas. Ne pas excéder trois capsules par jour. Consulter un praticien de soins de santé pour un usage prolongé.

**Ingredients médicinaux:** Chaque capsule contient:

Amylase (Aspergillus oryzae) (tournevent 43,75 SHF) .....	125 mg
Protéase (Aspergillus oryzae) (tournevent 62,500 HUT) .....	125 mg
Bromélaïne (Ananas) (tournevent 100 EDU) .....	50 mg
Papaine (Carica papaya - latex de papaye) (tournevent 100,000 PU) .....	50 mg
Collase (Fichodroma longbrachiatum) (tournevent 50 DU) .....	50 mg
Lipase (Rhizopus oryzae) (tournevent 400 USP unités) .....	50 mg
Lactase (Aspergillus niger) (tournevent 40 UCI) .....	40 mg
Protéase acide (Aspergillus niger) (tournevent 5 SAP) .....	10 mg
Sandérol, Kreen & Blesh® unités d'hémoglobine à base de tyrosine, unités de digestion de la gélatine, unités de papaine®, unités de cellulase®, US Pharmacopeia®, unités de lipase, sérum-protéase alcaline®	

**Ingredients non médicinaux:** cellulose, stéarate de magnésium, dioxyde de silicium, gélatine.

**Information sur les risques:** Les femmes enceintes ou allaitantes et les personnes souffrant d'ulcères d'estomac doivent éviter de prendre ce produit. Ce produit ne contient pas de maïs, ingrédients laitiers, œuf, gluten, crustacés, soya, sulfites ou colorants, arômes ou agents de conservation artificiels.

**RANGER DANS UN ENVOI FRAS ET SEC. TENIR HORS DE PORTEE DES ENFANTS.**



**Plant Enzymes**  
500 mg  
For Digestive Support  
60 Capsules  
EN 122355

**Recommended Use:** As support for digestion, immediately before each meal. Do not exceed three capsules per day. Consult a health care practitioner for prolonged use.

**Medicinal Ingredients:** Each capsule contains:

Amylase (Aspergillus oryzae) (providing 43.75 SHF) .....	125 mg
Protease (Aspergillus oryzae) (providing 62,500 HUT) .....	125 mg
Bromelain (ananas-plant) (providing 100 EDU) .....	50 mg
Papain (Carica papaya - papaya latex) (providing 100,000 PU) .....	50 mg
Collase (Fichodroma longbrachiatum) (providing 50 DU) .....	50 mg
Lipase (Rhizopus oryzae) (providing 400 USP units) .....	50 mg
Lactase (Aspergillus niger) (providing 40 UCI) .....	40 mg
Acid Protease (Aspergillus niger) (providing 5 SAP) .....	10 mg
Sandérol, Kreen & Blesh® Hemoglobin Unit Tyrosine-base, Gelin Digesting Units®, Papain Units®, Cellulase Units®, US Pharmacopeia®, Lactase Units®, Serum Alkaline Protease®	

**Non-medicinal ingredients:** Cellulose, magnesium stearate, silicon dioxide, gelatin.

**Risk Information:** Do not use if pregnant, breastfeeding or if you have stomach ulcers. This product does not contain corn, dairy, egg, gluten, shellfish, soy, sulfites or artificial colours, flavours or preservatives.

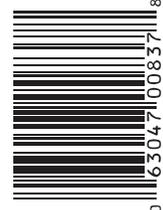
**STORE IN A COOL DRY PLACE. KEEP OUT OF REACH OF CHILDREN.**

Actual Size  
Grandeur réelle

DO NOT USE IF SEAL UNDER CAP IS BROKEN.  
NE PAS UTILISER SI L'OPERCULE INTÉRIEUR EST BRISÉ.

[www.naturesharmony.com](http://www.naturesharmony.com)  
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