



MōDERE™

# DIGESTIVE ENZYMES

six enzymes plus ginger root

## THE WELLNESS PROBLEM

Our body produces millions of enzymes every second. In essence, our enzymes cause the natural essential chemical reactions our bodies require to live. A huge number of biological functions are to varying degrees controlled by enzymes.

Most importantly, enzymes are essential for the proper absorption of nutrients in the body. The digestive system makes and utilises no less than 22 different enzymes that are involved in our digestion. In fact, an enzyme deficiency can be a signifier of imbalance in many bodily functions and systems.

Digestive enzymes are one way the body breaks down food to provide cells with the energy and nutrients they require, including the essential vitamins and minerals we need daily.

The production of digestive enzymes required for breaking down food into absorbable nutrients decreases roughly 10% every decade after the age of 20. Older people have greatly reduced digestive levels of enzymes that can lead to more symptoms of poor digestion such as bloating, gas, flatulence, heartburn and reflux. Under these circumstances, a daily digestive enzyme supplement may help.

## THE MODERE SOLUTION

Digestive Enzymes contain a specific selection of digestive enzymes normally found within the body to assist in the efficient digestion of protein, carbohydrate and fats. It also contains cellulase to break down fibrous materials, as well as the plant derived bromelain.

Digestive enzymes aid the body in assimilating and absorbing no fewer than 45 different nutrients. The majority of digestive enzymes are produced by the pancreas and small intestine where molecules are broken down into nutrients for absorption into the blood stream for delivery to the body's cells.

When foods are not properly broken down in the digestive tract your cells are not given all the nutrients that food has to offer. This can increase the tendency for overeating or craving foods to compensate for the lack of nutrients being taken in. Additionally, the natural enzymes in foods such as fruits and vegetables are largely destroyed when food is cooked. Processed foods contain little to no enzymes.

Because digestive enzymes aid the body in assimilating and absorbing nutrients, they can help to reduce food cravings and the tendency to overeat because your body makes more efficient use of the food you consume.



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## WELLBEING BENEFITS OF DIGESTIVE ENZYMES

### Digestive health

- Designed to assist in digestion and reduce symptoms of poor digestion such as bloating, flatulence, heartburn and reflux
- Helps maintain healthy digestive function
- Relief or treatment of indigestion/heartburn/reflux
- Digestive enzymes assist in the digestion of food:
  - Amylase assists in the digestion of carbohydrates
  - Protease assists in the digestion of proteins
  - Lipase assists in the digestion of fats
  - Cellulase assists in the digestion of cellulose
  - Lactase assists in the digestion of dairy products
  - Bromelain is a protein digesting enzyme
  - Ginger and fennel are used in traditional herbal medicines as antispasmodics for mild gastrointestinal disturbances such as bloating and flatulence
- Aids, assists or helps in the maintenance or improvement of general well-being

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## LIFESTYLE TIPS

- Use Digestive Enzymes as an everyday supplement.
- Vitamins and minerals work together with enzymes in every chemical reaction in the body. If there are insufficient enzymes to extract minerals from foods vitamins will not be able to perform their correct function.
- It is important to eat the correct foods to get your digestive system operating well. A lower reactive diet may be of assistance with digestive dysfunction.
- Eat small regular meals in a relaxed setting and chew food well. Refrain from drinking and eating at the same time and either drink 20 minutes prior to food or 20 minutes after. Fluids consumed with meals may dilute your natural digestive enzymes in the saliva.
- Regular detoxification following the Modere Modere 12 Week Detoxification Program may assist with correcting digestive dysfunction.

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## COMPANION PRODUCTS

You may receive additional nutritional benefits from combining this product with: Probiotic, Aloe Vera, Fibre.

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## FACTS

### ACTIVE INGREDIENTS

Amylase, bromelains, cellulase, lipase, protease, tilactase, Aloe vera, *Zingiber officinale* (ginger), *Foeniculum vulgare* (fennel).

### DIRECTIONS FOR USE

Adults: Take two tablets once daily immediately after the main meal of the day.

Pack size: 60 capsules.

### PRECAUTIONS

Always read the label. Use only as directed. If symptoms persist, consult your healthcare professional. Contains sodium benzoate.

### FREE FROM

Added sugars, artificial colours and flavours, gluten, soy and yeast. Suitable for vegetarians.

Listed on the Australian Register of Therapeutic Goods, AUST L 235363.