



Safe & Sound® Digestive Enzyme #1 Formula

Our bodies cannot manufacture the vitamins and minerals needed to maintain health and quality of life. As a result we need to get them from our diets and/or in supplement form. Since the nutrient values of many farmed foods have decreased in recent years, we recommend a balanced multiple vitamin mineral formula to look, feel and function at your best.

What the nutrients in this Digestive Enzyme #1 Formula are, why they are important, and the percentage of DV (if established) present in the serving size:

Betaine HCl
<u>Function</u> A source of hydrochloric acid, a naturally occurring stomach acid that helps break up fats and proteins for further digestion in the small intestine. Gastric acid also aids in the absorption of nutrients through the walls of the intestines into the blood http://www.houseofnutrition.com/betapepsin.html
<u>Deficiency</u> People with low stomach acid usually have a number of the following symptoms/signs: <ul style="list-style-type: none">• Stomach aching/pain/discomfort or bloating after meals• Feel unwell/fatigued right after meals• Food or water 'sits in stomach'• High fat foods cause nausea/stomach upset• Undigested food in stool• Reflux &/or heartburn• Poor appetite or feel overly full easily• Multiple food sensitivities• Trouble digesting red meat• Constipation• Low iron levels• Frequent nausea• Nausea/reflux after supplements (e.g. fish oil)• Burping after meals

<http://www.nutritional-healing.com.au/content/articles-content.php?heading=Stomach+acid+deficiency+%28Hypochlorhydria%29>

Daily Value

Daily Value not established

L-Glutamic Acid

Function

Glutamic acid is one of the nonessential amino acids and the precursor of gamma-aminobutyric acid, a chemical associated with nervous system function.
Ensminger, Audrey H. *Foods & Nutrition Encyclopedia*. Boca Raton, FL: CRC Press, 1994. Print.

Daily Value

Daily Value not established

Pepsin

Function

The proteolytic enzyme present in the gastric juice. It acts on protein to form proteoses, peptones, and peptides.
Ensminger, Audrey H. *Foods & Nutrition Encyclopedia*. Boca Raton, FL: CRC Press, 1994. Print.

Daily Value

Daily Value not established

Intrinsic Factor

Function

A protein necessary for proper absorption of vitamin B-12, is produced in the parietal cells of the stomach.
Ensminger, Audrey H. *Foods & Nutrition Encyclopedia*. Boca Raton, FL: CRC Press, 1994. Print.

Intrinsic factor is a protein that helps your intestines absorb vitamin B12. It is made by cells in the stomach lining. Vitamin B12 is needed for red blood cells to form and grow.

<http://www.nlm.nih.gov/medlineplus/ency/article/002381.htm>

Deficiency

Lack of intrinsic factor

This condition, which is the main cause of pernicious anemia, is believed to be the result of an autoimmunity of unknown origin. Most victims of this disorder have antibodies to both intrinsic factor and gastric parietal cells (source of hydrochloric acid and intrinsic factor) circulating in their blood. These antibodies attack the parietal cells and intrinsic factor, and interfere with their functions.

Ensminger, Audrey H. *Foods & Nutrition Encyclopedia*. Boca Raton, FL: CRC Press, 1994. Print.

Some people do not make enough intrinsic factor or have a condition that destroys it. If your body does not make enough intrinsic factor, you can develop a type of vitamin B12 deficiency called pernicious anemia.

Surgical removal of the stomach and certain other health conditions can also cause you to stop making intrinsic factor.

<http://www.nlm.nih.gov/medlineplus/ency/article/002381.htm>

Daily Value

Daily Value not established