

Goodness Digestive Enzymes

13 Powerful Enzymes to Support Healthy Digestion, Reduce IBS, Crohn's, and Celiac Disease Symptoms, Supplement Pancreatic Enzymes, and Increase Nutrient Absorption.



13 Powerful Enzymes

1. Protease (Pepsin, Trypsin, and Chymotrypsin)

Helps breakdown of proteins into amino acids, which the body can thus use for energy.

2. Amylase

Helps digest starches and complex carbohydrates into smaller molecules (glucose), which gives the energy needed for the brain, physical movement, and exercise.

3. Lipase

Digests fats and oils so the intestines can absorb them. It hydrolyzes fats such as triglycerides into their fatty acid and glycerol molecules.

4. Bromelain

Helps digest proteins.

5. Papain

Digests protein and helps reduce inflammation and other disorders.

6. Lactase

Helps in the breakdown of lactose (a sugar found in milk and other dairy products).

7. Glucoamylase

Breaks starches into glucose usable by the body.

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8. Cellulase

Breaks the cellulose plant fibers into beta-glucose and short-chain polysaccharides.

9. Xylanase

Breaks Xylan which is part of plant cell walls.

10. Hemicellulase

Takes non-cellulose polysaccharides (long chains of sugars) and converts them into usable constituents. This is crucial for the breakdown of fruits, vegetables, and many grains.

11. Alpha Galactosidase

Hydrolyzes molecules from glycolipids and glycoproteins found in complex sugars. Helps breakdown Polysaccharides and oligosaccharides found in food such as peanuts, beans, lentils, cauliflower, cabbage, broccoli, and Brussels sprouts.

12. Beta-Glucanase

Hydrolyzes Beta Glucans, which are cellulose plant fiber, cereal bran fiber, and parts of types of fungi, yeast, and bacteria. Helps revitalize natural peristalsis, which enhances digestion and increases overall nutritional value of food.

13. Pectinase

Helps digest plant-based foods rich in Pectin. It increases the nutritional and Prebiotic value of edible plants.

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Benefits of Digestive Enzymes

- Management of several digestive diseases that involve organs responsible for making digestive enzymes. This includes the Exocrine Pancreas, which produces Pancreatic Enzymes, and the small intestinal brush border, which produces Lactase.
- Managing Exocrine Pancreatic Insufficiency (EPI) in chronic pancreatitis, Pancreatic Cancer, Cystic Fibrosis (CF), and Diabetes.
- Lactose Intolerance management
- Improve the digestion of gluten peptides, so they are useful for those with celiac disease.
- Digestive Enzymes relieve symptoms of Irritable Bowel Syndrome (IBS), and Crohn's disease or Inflammatory Bowel Disease (IBD).
- Having sufficient digestive enzymes contributes to the well-being of the digestive system, and also to the overall well-being of the person.
- Having 13 digestive enzymes in the Goodness Digestive Enzymes formula is powerful and helps make sure you do not have any deficiency.

Insufficiency of Pancreatic Enzymes

- Goodness Digestive Enzymes are useful Pancreatic Enzyme supplements because each capsule (445 mg) includes: Protease Enzymes, Bromelain (derived from pineapple fruit), Papain (derived from papaya), Amylase Enzyme (derived from aspergillus oryzae), and Lipase Enzyme (derived from aspergillus oryzae).

Supplement for Lactase Insufficiency

- Goodness Digestive Enzymes aids in relieving GIT symptoms caused by Lactose Intolerance. It contains Lactase Enzymes derived from Aspergillus Oryzae (1,000 units per capsule).

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Supplement for Irritable Bowel Syndrome Symptoms (IBS)

- Goodness Digestive Enzymes contains the following ingredients which help with IBS:
 - ◇ Protease, Amylase, and Lipase Enzymes: The major digestive enzymes in humans.
 - ◇ Bromelain and Papain Enzymes: Help in the digestion of proteins and peptides.
 - ◇ Lactase Enzyme: To digest lactose and relieve Lactose Intolerance symptoms such as cramps, diarrhea, gas, and bloating.
 - ◇ Glucoamylase Enzyme: Helps digestive upsets and gastrointestinal issues such as heaviness, lethargy, bloating gas, and loose stools.
 - ◇ Cellulase, Hemicellulase, Xylanase, Pectinase, and Beta-Glucanase Enzymes: Helps with gas or intestinal discomfort.
 - ◇ Alpha Galactosidase Enzyme: Reduces intestinal gas and helps people with gluten intolerance and other carbohydrate sensitivities such as IBS.

Digestive Enzymes Comparisons

Enzyme	Goodness Digestive Enzymes	Jamison	Vitabiotics wellzyme	Complete Digestive	Digestase 2.0	ClenzDida	Body Manual USA
Bromelain	125,000 FCC PU	7,200	10 GDU	2,400	-	230,000	100
Protease	50,000 HUT Units	-	2,500 HUT	30,000	20,200	18,500 + 9,200	60,000
Amylase	20,000 SKB U	1,500	1,000 DU	8,500	3,000	2,300	8,000
Papain	16,000 FCC PU	90,000	500 PU	50,000	-	230,000	1,000
Lactase	1,000 ALU	30.75	1,500 FCC	300	3,000	-	1,000
Lipase	1,000 FIP	32	50 FIP	700	250	525	1,000
Cellulase	1,000 CU	300	50 CU	300	600	1,550	1,000
Xylanase	600 XU	-	10 XU	200	-	-	-
Hemicellulase	400 HCU	-	5 HCU	200	-	2,300	400
Alph Galactosidase	225 Gal U	-	10 GalU	50	86.67	-	100
Pectinase	50 endo PGU	-	15 Endo PGU	50	-	9	60
Glucoamylase	45 AGU	-	10 AGU	17	-	10.5	-
Beta Glucanase	30 BGU	-	15 BGU	-	-	-	-