

Support for Multiple Food Intolerances*

INTOLERANCE COMPLEX™



*Lactose intolerance affects
30-50 million Americans,¹
and as much as 15% of the
world's population suffers
when consuming gluten.²*



Food intolerance is an adverse food reaction due to a lack of food specific digestive enzymes. An enzyme deficiency occurs when the body is unable to produce a sufficient quantity of enzymes to properly break down foods eaten. Unlike a life-threatening food allergy, intolerance does not involve the production of antibodies, nor is it mediated by histamine. Adverse food reactions are widespread. For example, lactose intolerance affects 30-50 million Americans,¹ and as much as 15% of the world's population suffers when consuming gluten.² Other common intolerable foods include dairy protein (casein), lactose, whey and fibrous beans, vegetables and grains. Intolerance Complex™ contains high-potency enzymes specialized to digest compounds known to cause intestinal disturbance.*

Food intolerance typically manifests in the digestive tract as occasional diarrhea, cramping, bloating, gas or upset stomach. In contrast to food allergies, the symptoms of food intolerance are often delayed and may not occur until several hours or even a day after the intolerable food is ingested.

Identifying the particular foods or food groups that cause sensitivity is a primary goal for addressing intolerance. Elimination diets are a common practice but are not always possible or practical. Restaurant meals frequently contain ingredients containing gluten, lactose, and other common triggers. Reducing or eliminating trigger foods can be helpful, but dietary modification in combination with enzyme supplementation provides peace of mind and complete digestive support.*

As an alternative to elimination, enzyme supplementation may assist and enhance the digestion of foods, therefore allowing greater availability of nutrients for the body. Enzymes are capable of breaking down dietary constituents small enough to minimize encounters of intolerance and maximize absorbability.*

A full spectrum digestive enzyme formula, such as Intolerance Complex, provides support for both more and less common food intolerances.* As lactose and gluten intolerance are the most widespread concern, Intolerance Complex contains lactase for digesting the dairy sugar



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- Support for multiple food intolerances*
 - Digestion of Gluten, Dairy, Casein and Phenol
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ENZYME SCIENCE™
EXCEPTIONAL ENZYME FORMULAS

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lactose and DPP-IV activity for digesting gluten proteins found in wheat and other grains. Alpha Galactosidase is included for digesting gas-forming complex starches found in beans, grains and fibrous vegetables. Support for protein, fat and carbohydrate digestion rounds out the formula in order to expand the body's capacity to liberate nutrients from foods eaten. By doing so, the fuel available for metabolism, repair and cellular health is increased.*

Adenosine Triphosphate (ATP), produced in every cell, is found in all raw foods and is the body's natural source of energy.³ Supplementing with ATP complements a healthy diet by increasing the energy potential of the foods consumed. It is also a primary signaling molecule for healthy digestive processes.⁴ One such process is the necessary production of Hydrochloric Acid (HCl) in the stomach, which supports protein digestion. ATP in the intestinal contents also binds to receptors that stimulate proper peristalsis and mucosal integration.

¹ National Institutes of Health, National Institute of Child Health and Human Development. (2006). Lactose intolerance: information for health care providers (NIH Publication No. 05-5305B)

² Wangen, S. (2009). Healthier without wheat. 1st ed. Innate Health Publishing. Pg 85.

³ Schwiebert, E.M. and Zsembery, A. (2003). Extracellular ATP as a signaling molecule for epithelial cells. *Biochim Biophys Acta.*, 1615(1-2), 7-32.

⁴ Crane, F.L. (2001). Biochemical Functions of Coenzyme Q10. *J Am Coll Nutr.* 20(6), 591-8

⁵ Fitz, J.G. (2007). Regulation of cellular ATP release. *Trans Am Clin Climatol Assoc.* 118: 199-208

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RECOMMENDED USAGE:

Take 1-2 capsules per meal with the first bite of food.

More may be taken as recommended by your healthcare practitioner.

Supplement Facts		
Serving Size: 2 Capsules		
Servings Per Container: 45		
Amount Per Serving		% DV
DPP-IV	2,000 DPPU	**
Xylanase	30,000 XU	**
Protease <i>Thera-blend™</i>	140,000 HUT	**
Amylase <i>Thera-blend™</i>	14,000 DU	**
Alpha Galactosidase	1,200 GalU	**
ATPro™ Blend	155 mg	**
ATP		**
Magnesium Citrate		**
Alpha Lipoic Acid		**
CoQ10		**
Glucosylase	40 AGU	**
Lactase	3,000 ALU	**
Maltase	200 DP ⁵	**
Lipase <i>Thera-blend™</i>	800 FCCFP	**
Cellulase <i>Thera-blend™</i>	400 CU	**
Invertase	150 SU	**
Pectinase w/ Phytase	50 Endo-PGU	**
Hemicellulase	50 HCU	**
**Daily Value not established		

OTHER INGREDIENTS: 100% Vegetarian Capsule (cellulose, water)
CONTAINS NO: Dairy, egg, preservatives, salt, sucrose, soy, wheat, yeast, nuts, corn, gluten, casein, potato, rice, artificial colors or flavors.



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*Enzyme Science™ utilizes proven ingredients for maximum benefit**

Dipeptidyl peptidase-IV (DPP-IV) is a proteolytic enzyme specifically included for breaking down gluten proteins.
 Byun, T. et al. (2001). Synergistic action of an X-prolyl dipeptidyl aminopeptidase and a non-specific aminopeptidase in protein hydrolysis. *J Agric Food Chem.* 49(4), 2061-63.

Xylanase is a type of enzyme responsible for breaking down structural components of plant cell walls. This type of hemicellulase plays a role in digesting fruits, vegetables, nuts, grains and food additives.

Amylase Thera-blend™ contains multiple strains of amylase enzymes responsible for breaking down carbohydrates, such as starch and glycogen, into smaller sugars.

Alpha Galactosidase is the enzyme specifically for digesting carbohydrates found in legumes, grains and vegetables known to cause occasional symptoms of gas and bloating.* Research studies have proven alpha galactosidase to be effective for reducing discomforts associated with consumption of these foods.*

Solomons, N.W., et al. (1991). The efficacy of an oral alpha galactosidase to promote oligosaccharide hydrolysis and to reduce intolerance symptoms after ingestion of beans: a dose-response trial. *Clin Res.* 39, 655A.

ATPro™ Blend is a combination of ATP, Magnesium Citrate, Alpha Lipoic Acid and CoQ10. Research has shown that ATP is present in the digestive tract either by oral intake (unprocessed foods carry ATP) or by undefined cell excretion, and is used as a signaling molecule for many important processes. This signal is vital for timely, proper and complete digestion of food.

Glucosylase is an amylase enzyme that breaks down carbohydrates to yield glucose units. Glucose is absorbed into the bloodstream and is utilized as energy for the body.

Lactase is the enzyme that breaks down lactose (milk sugar) and therefore supports optimal digestion of lactose-containing foods.*

Maltase is the enzyme that breaks down malt and grain sugars. Maltase digests maltose into glucose molecules which can be easily absorbed into the bloodstream and be used as energy for the body.

Lipase Thera-blend™ contains multiple strains of lipase enzymes for catalyzing lipids to form fatty acids and glycerol.

Cellulase Thera-blend™ contains multiple strains of cellulase for digesting dietary fiber. Cellulase is the only digestive enzyme our body does not produce.

Invertase is an enzyme responsible for breaking down sucrose (table sugar) into the simple sugars glucose and fructose. These simple sugars are rapidly absorbed into the bloodstream and are utilized as energy for the body.

Pectinase breaks down carbohydrates such as pectin found in many fruits and vegetables.

Hemicellulase is a cellulase enzyme that breaks down hemicellulose polysaccharides found in plants. Hemicellulose rich foods consist of brans and grains.