

From our good friends at **Back to Herbs 10/03/07**

Dear Health Enthusiast:

As we continue our series on enzymes, below is an overview of the various NSP enzymes available today. It is important to remember that each and every human being is a very special and intricate recipe. One must not assume that what works for one will work equally well for the next!

[NSP Enzyme Products...need we say more!](#)

[FOOD ENZYMES \(1836-9\)](#)

Benefits:

- Supplements the body's production of important enzymes.
- Provides a blend of enzymes to digest proteins, carbohydrates and fats.
- Provides hydrochloric acid and bile salts to help digest proteins and fats.
- Helps prevent or relieve occasional indigestion.

Food Enzymes [Digestive, Immune] is a key product for the digestive system. Foods require processing (digestion), and enzymes are able to break down food compounds for absorption into the bloodstream. A number of different enzymes are needed to deal with differing food compounds. Some of these are produced by the body, some are found in foods. However, many processed foods lack the enzymes needed for proper digestion.

This formulation supplements the body's production of digestive enzymes and those enzymes found in the diet. For example, pepsin is used for the digestion of proteins (betaine hydrochloride or HCl); pancreatin is produced by the pancreas to digest proteins, carbohydrates and fats in the small intestines; mycozyme digests starches; papain and bromelain digest protein; bile salts emulsify fats and prepare them for further digestion by lipase.

Taking this product with meals will support the body's digestion of protein, carbohydrates and fats. One capsule will help you digest a minimum of 30 grams of protein, 30 grams of carbohydrates and 20 grams of fats. Each capsule supplies a proprietary blend of:

Betaine HCl (for proteins)
Bile salt (for fats)
Bromelain (for proteins)
Lipase (contains lactose from milk, for fats)
Alpha-amylase (mycozyme, for starch)
Pancreatin (8xUSP, for all foods)
Papain (for proteins)
Pepsin (1:10,000, for proteins)

Adults: Take 1–2 capsules with a meal three times daily.

[HI LIPASE \(1528-4\)](#)

Benefits:

- It supports the digestive system.

- Provides enzymes that target fat.
- Relax and soothe the stomach.

Description: Hi Lipase [Digestive] is designed for individuals who have difficulty efficiently digesting lipids (fats). Lipases are a class of enzymes that assist in the breakdown of dietary fats.

Lipases are produced by the salivary glands, pancreas and stomach. They are also manufactured by certain plants. Hi-Lipase aids digestion of fat-containing foods, including nuts. Contains 240 LU per two-capsule serving.

Adults: Take 1 or 2 capsules before consuming high-fat foods. May also be used between meals.

[LACTASE PLUS \(1655-2\)](#)

Lactase Plus [Digestive]. The lactase and protease enzymes in Lactase Plus help many people who have difficulty digesting dairy products by aiding the breakdown of milk sugar and milk protein.

Adults: Take one or two capsules up to 3 times daily before consuming foods and beverages containing lactose.

[NATTOZIMES PLUS \(520-7\)](#)

Benefits:

- Supports the cardiovascular system.
- May help improve blood flow as it helps dissolve fibrin.
- Supports the platelet aggregation levels already within the normal range.

Nattozimes® Plus [Circulatory] is an alternate to nattokinase, a protease compound formed during the soybean fermentation process that offers circulatory benefits. While natto has been consumed in Japan for thousands of years, only recently have scientists realized the health benefits of nattokinase.

Because nattokinase is often expensive, unavailable or unstable, NSP designed Nattozimes Plus, which blends protease enzymes with supporting herbs to nourish the circulatory system.

Nattozimes Plus may help improve blood flow as it helps dissolve fibrin. It also supports platelet aggregation levels already within the normal range and helps maintain already-normal blood flow. Nattozimes Plus is a mixture of fungal enzymes (nattozimes), hawthorn berries, capsicum fruit, dandelion leaf and resveratrol. All of these offer health benefits to the circulatory system.

Adults: Take 1 capsule between meals twice daily on an empty stomach.

NOTE: Do not use or handle this product if you are taking blood thinning medications, have a bleeding disorder or if are allergic to Aspergillus, fungus, or have Chron's disease.

[PDA COMBINATION \(1837-5\)](#)

PDA [Digestive] supplements the body's digestive secretions with hydrochloric acid (HCl). The stomach manufactures hydrochloric acid to break down proteins. But, as people age, they may produce less HCl, which can affect the amount of protein they can break down and ultimately absorb. Inefficient protein digestion can affect the viability of the intestinal flora that feast on these compounds.

Each capsule of PDA provides 325 mg of betaine HCl, supplying diluted hydrochloric acid and 20 mg of pepsin, a

natural protein-digesting enzyme.

Take 1–4 capsules with a meal three times daily.

PROACTAZYME PLUS (1525-0)

Benefits:

- Aids in the breakdown of most types of food.
- Improves digestion.
- Activates needed vitamins that would otherwise be wasted.
- Helps your body extract the minerals it needs.
- Is well-suited for vegetarians.
- Supports digestion of a high-starch or sugar diet.

Proactazyme® Plus [Digestive]. Digestive enzymes may be in short supply in some people, and supplementing with them allows the body to get maximum nutrition from the diet and supports efficient digestion.

Proactazyme Plus contains amylase, glucoamylase, lipase, cellulase, invertase, malt diastase, alpha galactosidase and peptidase to digest all types of food. It also contains a blend of protease formulated to digest proteins at various pH levels ranging from 3.0 to 6.0. This formula helps break down sugars, vegetable fibers, long-chain starches and proteins and contains only plant-sourced enzymes, thus it works well for vegetarians.

Adults: Take 1–2 capsules with or between meals daily.

PROTEASE PLUS (1841-7) each capsule contains 60,000 HUT protease

Benefits:

- Enhances the digestion of proteins.
- Supports the immune and respiratory systems (when taken between meals).
- Increases the absorption of nutrients.
- Helps promote joint health and function.
- Supports arterial health.

[Digestive, Immune] provides supplemental protease enzymes that break down proteins into smaller proteins and amino acids, maximizing digestion.

As we grow older, our bodies produce fewer enzymes. When a suboptimal level of protease enzyme exists, undigested proteins can pass through the intestinal tract and remain undigested. These have been linked to effects on overall health and vitality.

Protease Plus may support immunity by possibly activating macrophages and natural killer cells. NSP's formula provides a full spectrum of plant-derived trace minerals, which help activate enzymes. Each capsule of NSP Protease Plus contains 60,000 HUT protease in a base of beet root fiber and plant-sourced trace mineral concentrate.

Adults: Take 1–3 capsules between meals.

It is important to note that when one is taking 3 protease plus which contain 60,000 HUT it is less expensive to switch to taking one of the High Potency Protease which contains 180,000 HUT of the protease.

HIGH POTENCY PROTEASE (1876-1) each capsule contains 180,000 protease

Protease, High-Potency [Immune] delivers 180,000 HUT's protease with a full spectrum of plant-derived trace minerals. Enjoy the same benefits of three Protease Plus capsules in one capsule of High-Potency Protease.

Take 1 capsule between meals up to three times daily.

[SOD W/GLIADIN \(1893-8\)](#)

Benefits:

- Systemic Enzyme and Antioxidant
- Protected from Stomach Acid
- Anti-aging Benefits*

SOD with Gliadin [Structural, Immune, Nervous]. SOD (superoxide dismutase) is an enzyme that also functions as an antioxidant. Every cell in the body uses SOD to combat damaging free radicals produced by normal cellular reactions. As we age, our bodies produce less SOD, which may contribute to the natural aging process. This formula contains an SOD/Gliadin complex to ensure maximal amounts of SOD are delivered intact to the intestinal tract.*

Gliadin protects SOD from digestion until it reaches the intestinal tract, where it can be absorbed.

SOD with Gliadin may benefit joint structure and function; the respiratory and cardiovascular systems; and cellular activity.

Two capsules provide 300 mg SOD.

Take 1 capsule twice daily on an empty stomach.

Warning: Contraindicated for the gluten intolerant — contains gliadin. Do not take this product if you are allergic to wheat products or have celiac disease.

Next week, we will go into further detail about the use of the amazing enzyme, NattoZIMES. Until then...don't forget to pass the enzymes!

Health to you,

Chris Ritchason

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