Vegetarian Enzyme
Digestive enzymes

DESCRIPTION
Vegetarian Enzyme tablets, provided by Douglas Laboratories, are dietary supplements of vegetable-source enzymes (suitable for vegetarians) which are specific for starches, proteins, fats, and cellulose, a dietary fiber.

FUNCTIONS
The pancreas supplies the major digestive enzymes that catalyze the breakdown of starches (carbohydrates), proteins, and fats, so that the breakdown products can be absorbed in the upper small intestine.

Some carbohydrate digestion takes place in the mouth by salivary amylase, but pancreatic amylase is the major carbohydrate-digesting enzyme. Amylases break down starches to maltose and maltotriose, which are further hydrolyzed into glucose by the disaccharidases of the mucosal cells, and then absorbed. Although cellulose is indigestible by pancreatic and intestinal enzymes, the microflora within the large intestine may degrade it and produce uncomfortable symptoms in the process.

Although fat digestion starts in the mouth with the action of salivary lipase, the great majority of fat triglycerides are digested by pancreatic lipase secreted by the exocrine pancreas into the duodenum. Lipases break down triglycerides into monoglycerides and free fatty acids, which are efficiently absorbed in the upper small intestine.

Protein digestion is initiated in the stomach by pepsin and hydrochloric acid, which denature and break large proteins down to smaller polypeptides. In the small intestine, proteases break down these polypeptides into free amino acids, and di- and tripeptides, which are directly absorbed by the intestinal mucosa.

Vegetarian Enzyme provides catalytically active enzymes specific for fats, carbohydrates and proteins, similar in effectiveness to pancreas-derived digestive enzymes.

INDICATIONS
Vegetarian Enzyme tablets may be a useful nutritional adjunct for vegetarians who wish to supplement their diets with digestive enzymes that do not come from animals.

FORMULA (#7048)
Each Tablet Contains:
Vegetarian Enzyme Concentrate..............................................225 mg
Supplying:
Amylase................................................2,100 D.U.\(^1\) (acid stabilized)
Protease ...................................................250 SAPU\(^2\) (acid stabilized)
Lipase ...................................................1,200 L.U.\(^3\) (acid stabilized)
Cellulase ..................................................300 C.U.\(^4\) (acid stabilized)

This product contains NO animal products.

\(^1\) Alpha Amylase Dextrinizing Unit
\(^2\) Spectrophotometric Acid Protease Unit
\(^3\) Lipase Unit
\(^4\) Cellulase Unit

SUGGESTED USE
Adults take 1 or 2 tablets 3 times daily with meals or as directed by physician.

SIDE EFFECTS
No adverse effects have been reported.

STORAGE
Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured by
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205
800-245-4440

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