

# BioDigest – Supports Healthy Digestion

## About BioDigest

- BioDigest is a comprehensive digestive aid designed to assist with the breakdown of fats, proteins, and carbohydrates.
- It provides a clinically proven form of hydrochloric acid (HCl). Several clinical conditions, as well as the aging process itself, are associated with decreased production of HCl by cells in the stomach.<sup>1,2</sup>
- HCl is needed for the proper digestion and absorption of various nutrients. Reduced acid production may lead to any of several deficiencies that may result in anemia, including vitamin B12, zinc, and iron. It may also contribute to the overgrowth of bacteria in the small intestine.<sup>3</sup>
- The form of HCl used in BioDigest has been shown to normalize the pH within the stomach in less than 10 minutes when given to people with impaired acid production. It has also been shown to increase the absorption of substances that depend on an acidic environment within the stomach.<sup>4,5</sup>
- BioDigest provides the enzymes produced by the pancreas to help digest all the macronutrients in food, including amylase, protease, and lipase, for the digestion of carbohydrates, protein, and fats, respectively.
- BioDigest also contains two additional ingredients to optimize digestion and metabolic function. These include pepsin A, which not only is the primary enzyme needed to digest protein, but also stimulates other digestive processes, including the release of compounds (gastrin and cholecystokinin) that stimulate the release of HCl and pancreatic enzymes to help digest food.<sup>6</sup>
- Additionally, BioDigest includes bile acids, which have multiple actions related to both digestion and metabolism. Bile acids help with the digestion and absorption of protein and fats.<sup>7-11</sup>

## How to Use BioDigest

- Take 1 capsule 4 times per day with food, a few hours before or after taking other medications, or as directed by a health care practitioner. Consult a health care practitioner for use beyond 7 days.

## Cautions and Contraindications

- Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner prior to use if you have faecal impaction or symptoms such as abdominal pain, nausea, vomiting or fever, if you have a peptic ulcer, excess stomach acid, high cholesterol, diabetes, pancreatitis, pancreatic exocrine insufficiency, cystic fibrosis, gastrointestinal lesions/ulcers, if you are taking anticoagulant or anti-inflammatory agents, are having surgery, or are taking thiazide diuretics, corticosteroids, licorice root, or other medications or health products which may aggravate electrolyte imbalance. Do not use if you are pregnant or

breastfeeding, are sensitive to pancreatic enzymes or pork proteins, have gallstones, bile duct obstruction, abnormal constrictions of the gastrointestinal tract, potential or existing intestinal blockage, atonic bowel, appendicitis, inflammatory colon disease such as Crohn’s disease or ulcerative colitis, abdominal pain of unknown origin, undiagnosed rectal bleeding, severe dehydration with depleted water or electrolytes, or diarrhea. Laxative effect may occur. Stop use and consult a health care practitioner if hypersensitivity/allergy, nausea, vomiting, abdominal pain, epigastric pain, cramps, spasms, diarrhea, and/or heartburn occur. Keep out of reach of children.

## Drug Interactions

- Avoid use with H2-antagonists and proton pump inhibitors, such as cimetidine and lansoprazole.

## Quick Tips for Optimal Health

- An often overlooked but simple method to improve digestion is to chew food more thoroughly for a longer period of time. In one analysis, a wide variation in the amount of time spent chewing (and the size of food particles swallowed) was observed and found to be related to differences in both digestion as well as gut microbiota composition.<sup>12</sup>
- Additionally, practising “mindful eating,” which means providing your full attention to a meal while eating, may help slow your food intake and allow time to improve digestion.<sup>13</sup>
- Another contributor to impaired digestion may be stress and anxiety. Many connections have been documented between the “gut-brain” axis.
- A prolonged reliance on acid-blocking medication increases the risk of nutrient deficiencies, such as vitamin B12, and also of infections.<sup>14</sup>
- Low stomach acid has been associated with food allergies. Without the acid needed to fully digest proteins, larger pieces of these proteins may be absorbed, promoting allergic sensitization to these foods.<sup>15</sup>
- Getting regular exercise has been associated with reduced gastrointestinal symptoms. For example, in one randomized trial, people with functional dyspepsia (GI symptoms with no obvious cause) had a significant improvement in their symptoms after beginning a moderate aerobic exercise program for 30 minutes per day, five days a week, for six weeks.<sup>16</sup>

PATIENT NAME: \_\_\_\_\_

### PRACTITIONER NOTES:

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### PRACTITIONER CONTACT INFORMATION:

## References

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