

# ET-Zymes Complete



## Clinical Applications

- Promotes optimal GI function and digestive comfort.\*
- Supplies DPP-IV activity specific for breakdown of casein, gluten, and other exorphin peptides.\*
- Supports carbohydrate digestion.\*
- Helps protect GI tissue from occasional irritation.\*
- Helps support microbial balance.\*

*Multi-enzyme supplement for extensive digestive support. Contains highly purified, pharmaceutical grade enzymes to meet the needs of sensitive individuals. Avoids fruit derived enzymes (bromelain, papain, and kiwi) for tolerance by those with pheno-sulfurtransferase issues.*

All Adaptogen Research Formulas Meet or Exceed cGMP Quality

## Discussion

### More Comprehensive Than Standard Enzyme Blends.

While basic enzyme supplements typically supply protease, amylase, and lipase for digestion of protein, starch, and fat respectively, these products often lack more specific enzymes needed for optimal digestion of peptides, disaccharides, fiber, and other food components. In contrast, ET-Zymes Complete contains a unique blend of 20 enzymes that work in tandem to reduce large, complex molecules into their smallest units to facilitate healthy digestion and efficient absorption.\*

Two capsules of ET-Zymes Complete deliver a broad complement of crucial enzymes that lend maximum support for digestion of a full range of foods as found in a typical meal.\*

### Promotes Optimal GI Function and Digestive Comfort\*

Enzymes in ET-Zymes Complete can support intestinal function, which can alleviate bloating, fullness, or discomfort associated with occasional indigestion and gas. By facilitating more complete breakdown of macronutrients, this comprehensive group of enzymes supports improved nutritional status. It also supports the breakdown of difficult-to-digest food components such as casein, gluten, and lactose. ET-Zymes Complete is an important dietary adjunct for individuals who seek to improve nutrient uptake and for those with occasional indigestion.\*

### Supplies DPP-IV Activity Specific For Breakdown Of Casein, Gluten, and Other Exorphin Peptides.

Protein molecules require multiple enzymes for complete digestion. Proteases degrade proteins into peptides of 10 to 20 amino acids in length. Peptidases then complete the process by splitting peptides into single free-form amino acids that are used by the body. Incompletely digested peptides from casein (casomorphins), gluten (gluteomorphins), soy, or yeast may adversely affect central nervous system function in some individuals. ET-Zymes Complete provides ample amounts of peptidase enzymes that express dipeptidyl peptidase IV (DPP-IV) activity that is especially effective in breaking down exorphin (opiate-acting) peptides before they can be absorbed.\*

### Supports Carbohydrate Digestion\*

ET-Zymes Complete contains a wide spectrum of disaccharidase enzymes to assist optimal cleaving of sugars including lactose (milk sugar), maltose (from cereal grains), sucrose (table sugar), and amylopectin (starch) molecules into their absorbable monosaccharide forms.\* Lactose intolerance is the most common form of carbohydrate intolerance. Incompletely digested sugars or starch can be fermented by gastrointestinal organisms that shift the balance of microbiota. Reduced disaccharidase levels are observed in some children and adults. Children with dyspepsia typically exhibit low activity of duodenal maltase, glucoamylase, and/or disaccharidases.

**\*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.**

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**ET-Zymes Complete**



**Helps Protect GI Tissue From Occasional Irritation\***

In addition to facilitating more complete digestion of potentially irritating food components, ET-Zymes Complete supplies Serratia peptidase, a unique endopeptidase enzyme which helps protect sensitive gastrointestinal tissue from occasional irritation and supports intestinal comfort.\*

**Helps Support Microbial Balance.**

ET-Zymes Complete also contains lysozyme, a health-promoting enzyme found in tears, human breast milk, saliva, and nasogastric and bronchial secretions. Lysozyme promotes protective barrier function in these tissues against undesirable microorganisms by degrading polysaccharides found in the cell walls of many bacteria and yeast. In the gastrointestinal tract, lysozyme’s action helps support a balanced microbial population and complements the benefits of the other enzymes in supporting intestinal health.

**Enzyme Function Chart\***

Enzyme Type	Enzyme	Function
Carbohydrate-Specific Enzymes	Amylase, Alpha-Amylase	Converts complex starch in root vegetables and grains into maltose (a disaccharide), maltotriose (a trisaccharide), dextrins, and oligosaccharides
	Glucoamylase	Converts maltose, maltotriose, and oligosaccharides into glucose
Sugar-Specific (Disaccharide) Enzymes	Lactase	Converts lactose (milk sugar) into glucose and galactose
	Maltase	Digests maltose in malt, cereal grains, and processed foods into glucose
	Sucrase (Invertase)	Converts sucrose (table sugar) into glucose and fructose; forms sucraseisomaltase complex in the intestinal lining that breaks down dextrins
	Pullulanase	Breaks down amylopectin starch molecules resistant to degradation that may otherwise remain trapped in the microvilli
Vegetable/Fiber-Specific Enzymes	Cellulase, Hemicellulase	Liberates nutrients from fruits and vegetables, making them more bioavailable
	Alpha-Galactosidase	Breaks down hard-to-digest carbohydrates found in legumes and cruciferous vegetables
	Pectinase	Hydrolyzes pectin
	Phytase	Breaks down phytates in grains (wheat, oats, barley) and legumes
	Beta-Glucanase	Breaks down glucans in cereal grains and in yeast cell walls
	Galactomannase	Degrades hemicellulose, cellulose, and cell walls with mannose
Protein and Peptide-Specific Enzymes	Acid and Alkaline Protease	Breaks down plant, vegetable, and meat-derived proteins
	Peptidase and Dipeptidyl Peptidase IV (DPP-IV)	Breaks down casein (dairy products) and gluten (wheat, barley, rye) and their exorphin peptides
Fat-Specific Enzymes	Lipase	Hydrolyzes fats in meat and dairy products, oils in nuts and seeds, and triglycerides
Specialty Enzymes	Lysozyme (highly purified from egg white)	Degrades polysaccharides found in the cell walls of many bacteria and yeast
	Serratia Peptidase	Breaks down casein protein peptides; breaks down fibrin and protects sensitive GI tissues from occasional irritation

Supplement Facts	
Serving Size 2 Capsules	
Amount Per	2 Capsules
<b>Comprehensive Enzyme Blend</b>	800 mg*
With the following enzyme activity:	
<b>Carbohydrate Specific Enzymes</b>	
Amylase	1,830 BAUΔ
Alpha-Amylase	100 BAUΔ
Glucoamylase (with isomaltase side chain activity)	30 AGUΔ
<b>Sugar Specific Enzymes</b>	
Lactase	3,990 ALUΔ
Sucrase (invertase)	400 SUΔ
Maltase (diastase)	200 DPΔ
Pullulanase (debranching enzyme with isomaltase side chain activity)	25 UΔ
<b>Vegetable/Plant Fiber Specific Enzymes</b>	
Cellulase	500 CUΔ
Hemicellulase/Pectinase/Phytase Complex	200 HCUΔ
Phytase	10 PUΔ
Beta-Glucanase	20 BGUΔ
Alpha-Galactosidase	100 AGSUΔ
Galactomannase	200 HCUΔ
<b>Protein and Peptide Specific Enzymes</b>	
Acid Protease	50 SAPUΔ
Alkaline Protease	50 PCUΔ
Protease/Peptidase Complex with endopeptidase, exopeptidase, and DPP-IV activity	40,000 HUTΔ
<b>Fat Specific Enzyme</b>	
Lipase	1,500 FIPUΔ
<b>Other Enzymes</b>	
Lysozyme (from egg white)	100,000 SHUΔ
Serratia peptidase (enteric-coated)†	3,500 SPUΔ

Other ingredients: **Capsules:** Vegetarian capsule (hydroxypropyl methylcellulose, water), coconut oil powder, and cellulose.  
 ΔUnits are those used in edition nine (IX) of the Food Chemicals Codex (FCC).  
 †Peptizyme SP™, a registered trademark of Specialty Enzymes.

**Suggested Use**

2 capsules at the beginning of each meal or as directed by a healthcare professional.

**Allergy Statement**

Free of the following common allergens: milk/casein, fish, shellfish, peanuts, wheat, gluten, and soybeans. Contains no artificial colors, flavors, or preservatives.

**Caution**

If you are pregnant, nursing, have a medical condition, taking prescription drugs, or are allergic to eggs, consult your healthcare professional before using this product. Keep out of reach of children.

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