

# dotFIT DigestiveEnzymes



## Supplement Facts

Serving Size: 1 Capsule

	Amount Per Serving	% DV
Digestive Enzyme Complex (Digezyme®)	50 mg	*
Alpha Amylase (1200 DU), Protease (300 PC), Cellulase (55 CU), Lactase (200 ALU), Lipase (10 FIP)		

\* Daily Value not established.

### ***Who is this for?***

- Persons to support overall digestion including nutrient extraction (from ingested foods) and transport to help manage minor, common and sporadic digestive discomforts including bloating, gas, lactose intolerance, etc.

### ***What makes this product unique and what are the benefits?***

- Delivers a 5 digestive enzyme complex ( $\alpha$ -amylase, Lactase, Lipase, Cellulase and a Neutral Protease) that can add to the body's natural production of the primary enzymes assisting in proper digestion of ingested foods to improve non-clinical digestive irregularities (if necessary) such as bloating, gas, cramps and constipation including from lactose maldigestion.
- Supports extraction/absorption of the important nutrients/bio actives (such as amino acids, vitamins, minerals, flavonoids, glucose, etc.) contained in foods to glean related benefits of improved nutrition utilization throughout the body.
- Some evidence supports the use of digestive enzyme supplementation (primarily proteases) for decreasing inflammation and exercise-induced DOMS and improving muscle recovery.

### ***How should I take this?***

- Take 3 capsules total daily. Take one (1) capsule with each of three main meals