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## What is Digest HPE?

Digest HPE is an intensive-strength enzyme complex that can assist the digestive process for more thorough and efficient digestion. It contains 13 bioactive protein-, carbohydrate-, and fat-digesting enzymes—all naturally derived. They all work at high activity levels to deliver advanced nutrient absorption benefits.

## How does it promote wellness?

Enzymes are vital not only for the digestive process but for overall health. They help break down proteins into amino acids, carbohydrates into simple sugars, and fat into fatty acids that our bodies need for cell growth and energy. However, we don't always have all the enzymes we need for optimal digestion.

## How does that affect us?

Without adequate enzyme levels in our digestive system, undigested food inefficiently passes through the GI tract and we don't fully obtain the benefits of nutrients. Digest HPE includes enzymes our bodies do not produce—such as cellulase, bromelain, and papain—for that extra help we may need.

## Who needs to take Digest HPE?

Individuals looking for a high-performing enzyme complex that addresses a range of “heavy weight” digestive concerns, or those who simply are having difficulty digesting certain foods such as dairy, legumes, and cruciferous vegetables (cauliflower, broccoli, cabbage, and brussels sprouts).

## Why is it needed?

As we age, we produce fewer digestive enzymes, and we may stop producing certain enzymes, such as lactase, a dairy digestive enzyme. We may find ourselves having digestive difficulties where there were previously none. Even positive dietary changes, such as eating more fiber, may cause digestive upset.

## How do you know whether you need it?

If you're having difficulty digesting certain foods, or difficulty with a new eating plan, or looking for a formula to address more “heavy weight” digestive concerns, an enzyme supplement such as Digest HPE may help.

## Did you know?

*Digestion begins in the mouth, where we each make from 1 to 3 pints of enzyme-laden saliva a day.*

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*The adult stomach can hold 1.5 liters of material and produces 2 liters of hydrochloric acid daily.*

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*The average male will consume about 50 tons of food during his lifetime to sustain a weight of 150 pounds.*

## What does it do in the body?

Digest HPE contains naturally derived enzymes including those not naturally produced by the body, such as cellulase, bromelain, and papain. Along with amylase, protease, lipase, and lactase, these enzymes work at high activity levels providing advanced nutrient benefits to the overall digestive process.

## What is special about your product?

Digest HPE is an intensive-strength complex to support efficient and thorough digestion. It can help us feel better with every meal. The complex is non-GMO, suitable for vegetarians and vegans, and free of lactose, milk or milk derivatives, eggs, sugar, and artificial colors or flavors.

