

# The Role and Importance of Enzymes, Including Digestive & Proteolytic

Created & Compiled by Linda Osmond

Answers on page 1 by Teresa Tapp about [Premium Digest Plus](#)

*(Want the short version? Skip page 1.)*

## Why should I care or know about enzymes?

When it comes to making a body run right, enzymes are the master keys to whole system. But most people don't really know much about enzymes and how important they are.

## What are enzymes?

Enzymes are delicate energized protein molecules that catalyze and regulate EVERY biochemical reaction in the body – from breaking down food to unlocking the energy within the food to power the body. Our bodies make digestive and metabolic (or systemic) enzymes but like everything else, our ability to do so declines with age.

## What are digestive enzymes?

Digestive enzymes help us break down food during the digestive process while systemic enzymes help our body break down tissue and bone for renewal, as well as keep the metabolic processes in our cells like detoxification and energy production humming along smoothly. Every living thing around us is also using enzymes. Our foods contain exactly the right enzymes to help us digest them – but when we cook it the enzymes are usually destroyed. **Why take digestive enzymes?**

Now you can see why supplemental digestive enzymes are so important! Enzymes prevent partially digested proteins from putrefying, carbohydrates from fermenting, and fats from turning rancid within your body. *(NOTE from Linda: Digestive enzymes are taken food, for these benefits.)*

## What is the role of protease or proteolytic enzymes?

Also experts note that if you have H. Pylori which can cause ulcers, protease in a digestive enzyme will actually eat away/digest the protective coating surrounding the bacteria and kill it. Also if you have issues with low stomach acid and the boomerang effect of GERD or acid reflux, digestive enzymes can be a huge help because they help break down and predigest food so less stomach acid is needed. Personally I no longer have GERD issues because I take digestive enzymes with every meal and whenever I take my supplements in between meals. *(NOTE from Linda: Proteolytic enzymes reduce inflammation and boost immunity in a variety of good ways when taken between meals.)*

## What are [Premium Digest Plus](#) Enzymes?

*(NOTE from Linda: Prem. Digest Plus contains both digestive, as well as proteolytic enzymes!)*

Below is the supplement facts panel from our new product, Premium Digest-Plus, so you can see the full spectrum of enzymes and beneficial nutrients. Other products which are similar (but not nearly as complete) typically retail for much higher. Our expert formulator helped me to create our formula; he also helped us find the raw materials suppliers and a manufacturer that could work with me directly rather than through a middleman so that I could offer the best formula ever at a very affordable price!

## What about digestive enzymes and weight loss?

If you are working at losing weight, an insider tip for helping with weight loss is to take an extra dose of digestive enzymes at night as you go to bed on an empty stomach!

## Are enzymes really all that important?

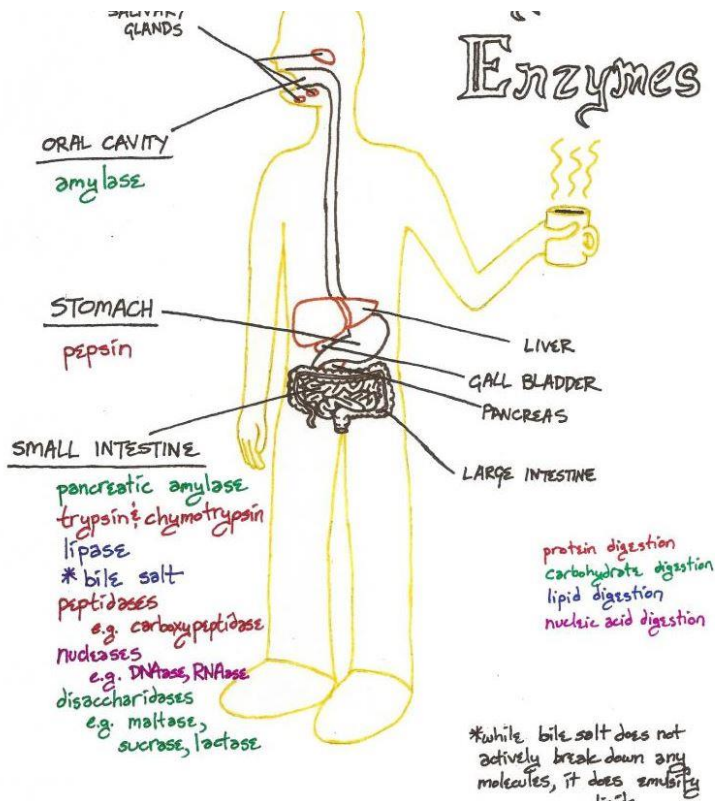
I saw this great quote and I thought it summed up digestive enzymes quite nicely – “a person's life span is directly related to the exhaustion of their enzyme potential. And the use of food enzymes decreases that rate of exhaustion, and thus, results in a longer, healthier, and more vital life.”

*NOTE from Linda: It is suggested that a pregnant woman allows her baby to make his/her own enzymes.*

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Answers on page 1 by Teresa Tapp about [Premium Digest Plus](#)



Digest Plus is the newest addition to Better Body Basics by T-Tapp, Inc brand products; a proprietary blend of enzymes for optimal digestion and assimilation.

## Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 93

	Amount in Serving	%DV		Amount in Serving	%DV
Protease	75,000 HUT	*	Alpha Galactosidase	500 GALU	*
AS Protease	500 ASPU	*	Phytase	5 PU	*
Peptidase	3,000 HUT	*	Pectinase	30 Endo-PG	*
Lipase I	3,000 FIP	*	Xylanase	500 XU	*
Lipase II	300 FIP	*	Hemicellulase	500 HCU	*
Amylase	25,000 SKB	*	Sucrase	800 SU	*
Cellulase	3,000 CU	*	Catalase	500 U	*
Lactase	800 LACU	*	Beta Glucanase	20 BGU	*
Malt Diastase	500 DP	*	Mineral Blend	15 MG	*
Glucoamylase	45 AG	*			

\* Daily Value not established

**Other Ingredients:** Rice extract, capsule (vegetable cellulose, water).

**Suggested Use:** Take one capsule at the beginning of each meal after a few bites of food.

**Caution:** Store in a cool, dry place. Keep out of reach of children. Do not take while pregnant or nursing.

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## More About the Unique Properties of [Premium Digest Plus Enzymes](#)



These are some of the best digestive enzymes on the market and at a very affordable price, comparatively speaking. Whether you're in need of digestive aid (supplement taken with food) to boost nutrient absorption and prevent constipation, or wanting to eliminate systemic problems, like inflammation and bio-films or for other immune boosting benefits (supplement taken between meals), this product is for everyone.

Developed by a man who has worked for some of the top enzyme companies, Teresa Tapp brings to you a specially-made product that does what other enzymes don't. Premium Digest Plus even includes specific brush border enzymes that will help keep things moving in the small intestine, addressing a problem that is really growing these days. When motility slows, major health problems can occur, like SIBO (small intestinal bacterial overgrowth).

I use this product daily, with confidence and great results (and my family does, too).

Linda Osmond, Health and Fitness Coach

Master T-Tapp Trainer