

Acida-Zyme Aids Digestion when Gastric Secretions are Insufficient

Incomplete Digestion Leads to Deficiencies, Disease, Food Allergy

The foods eaten by humans are chemically complex. They must be broken down by the body into simpler chemical forms so that they can be taken through the intestinal walls and transported by the blood to the cells.⁽¹⁾

Proper digestion is a requirement for optimum health, and incomplete or disordered digestion can be a major contributor to the development of many diseases. The problem is not only that ingestion of foods and nutritional substances are of little benefit when breakdown and assimilation are inadequate, but also that incompletely digested food molecules can be inappropriately absorbed into the systemic circulation. This can lead to vari-

ACIDA-ZYME™ Digestive Aid Capsule

Product No. 408 Fill Size: 90 Capsules

Each capsule contains:

Betaine HCl 200 mg.
Glutamic Acid HCl 100 mg.
Ammonium Chloride 35 mg.
Pepsin USP/NF 25 mg.
Protease (from plant enzymes) 150 units
Other ingredients: gelatin, rice flour, magnesium stearate.

Suggested Use: One or two capsules as needed with each meal.

ous diseases and the development of food allergies.⁽²⁾

Early Recognition of Gastric Insufficiency and Treatment with Natural Supplements Is Imperative

The term indigestion is often used to describe a feeling of gaseousness or fullness in the abdomen. It can also be used to describe heartburn. Indigestion can be attributed to many causes, including decreased secretion of digestive juices and enzymes. Digestion may be improved by using digestants, which by definition are compounds which aid in digestive function.⁽²⁾

Gastric hydrochloric acid is basically involved in protein digestion. It is also a potent bacteriacidal agent. But more than this, it is involved in the body's ability to absorb minerals and vitamins, especially vitamin B12. Since B12 is involved in most forms of anemia, early recognition of the condition and treatment with natural supplements is imperative.⁽³⁾

Dr. Victor Bagnall, in his book Nutritional Therapy, advised the use of a "product containing HCl, glutamic acid, betain hydrochloride and/or pancreatic enzymes such as amylase, lipase or protease."⁽³⁾ These are provided in **Acida-Zyme** along with the gastric enzyme, pepsin, and ammonium chloride which, along with betaine HCl, aids the production of hydrochloric acid in the stomach.

The stomach is primarily responsible for digestion of proteins and ionization of minerals. The stomach secretes gastric acid (hydrochloric acid) and various hormones and enzymes. Although much

is said about hyperacidity (as often occurs with peptic ulcers), probably more significant health problems are caused by lack of gastric acid secretion.⁽²⁾

Very frequently there is a burning sensation in the epigastrium commonly called "heartburn" for which many persons take antacids or alkalisers. This is the opposite of what should be done, for in most cases, the burning sensation is caused by a regurgitation of bile through the stomach into the lower esophagus and indicates a marked hydrochloric acid deficiency.⁽³⁾

A marked reduction of HCl in the stomach up to total loss of ability of the stomach mucosa to produce HCl is seen in pernicious anemia and in malignancies. However, varying degrees of reduced HCl are common in the general population without these conditions.⁽³⁾

There are varying degrees of hydrochloric acid deficiency, usually related to the age of the patient; the older the person, the greater the deficiency up to complete absence of hydrochloric acid.⁽³⁾ Hypochlorhydria refers to deficient gastric acid secretion, while achlorhydria refers to a complete absence of gastric secretion.⁽²⁾

Several studies have shown that the ability to secrete gastric acid decreases with age -- low stomach acidity has been found in over half of those

(over)

over age 60. One study of the elderly found that tissue nutrient levels could be saturated only through use of injecting the nutrient directly into the body; oral supplementation was ineffective. The authors speculated this was due to defective digestive secretion and absorption.⁽²⁾

There are many symptoms and signs that suggest impaired gastric acid secretion and a number of specific diseases have been found to be associated with insufficient gastric acid output.⁽²⁾

Common symptoms of low gastric acidity include:

- Bloating, belching, burning and flatulence immediately after meals^(2,3)
- A desire to eat when not hungry⁽³⁾
- A sense of "fullness" after eating^(2,3)
- Indigestion, diarrhea or constipation^(2,3)
- Multiple food allergies⁽²⁾
- Nausea after taking supplements⁽²⁾

- Itching around the rectum⁽²⁾

Common signs of low gastric acidity include:

- Weak, peeling and cracked fingernails⁽²⁾
- Dilated blood vessels in the cheeks and nose (in non-alcoholics)⁽²⁾
- B12 deficiency⁽³⁾
- Iron deficiency⁽²⁾
- Anemia⁽³⁾
- Chronic intestinal parasites or abnormal flora⁽²⁾
- Undigested food in stool⁽²⁾
- Chronic candida infections⁽²⁾
- Upper digestive tract gassiness⁽²⁾

WARNING: This information is provided for health care professionals only. **This publication and the product contained herein have not been approved or evaluated by the Food and Drug Administration. This publication, and the product contained herein are not intended to diagnose, treat, cure or prevent any disease.** The product relates to nutritional support only.

REFERENCES

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