

# Zymex® II

## Zymex II Contains Important Digestive Enzymes to Support Healthy Gastrointestinal Function

The word *enzyme* comes from Greek words that mean *in yeast*. Enzymes were given this name when they were discovered while scientists were studying the process of fermentation.

Enzymes help sustain life. Almost every chemical reaction that takes place in all living cells of plants, animals, humans, and even of some bacteria begins by the stimulation of some specific enzyme. Enzymes are catalysts, meaning they speed up chemical reactions without changing themselves. They are the catalysts that set off multitudes of specific activities and processes throughout the human body. While hundreds of different enzymes have been discovered to date, each enzyme performs a singular function. Although the enzymes are each responsible for initiating a process that only that particular enzyme can accomplish, they are related to one another enough to allow classification into one of six categories. The proteolytic enzymes, for example, work to break down proteins in the digestive tract.

### How Zymex II Keeps You Healthy

#### Promotes healthy digestive function

As food is taken into the mouth and begins its journey down the alimentary tract, it is met by a series of different enzymes. Each is responsible to initiate a different chemical reaction in the digestive process and each is dependent upon a certain acid or alkaline environment in order to perform its respective function. The human body requires adequate amounts of these digestive enzymes in order to break down ingested nutrients into substances suitable for absorption. The proteolytic enzymes work in the digestive system and at the cellular level to help digest proteins. Zymex II contains the proteolytic enzymes papain, bromelain, and ficin, which are all found in certain plants and play an important role in digestive system function. In addition to the three proteolytic enzymes, Zymex II also contains amylase—another hydrolytic enzyme that triggers the process of breaking down starch into smaller carbohydrate molecules. Zymex II also contains lipase, an enzyme produced by organs of the digestive system to stimulate the breakdown of lipids.†

#### Provides alkaline-based digestive support for the acid-sensitive individual

All enzymes, whether of the proteolytic variety or not, are extremely sensitive to acid and alkaline surroundings. Zymex II contains bromelain, papain, and ficin found naturally in certain kinds of plants. All three enjoy an optimum pH value of between 6 and 7.5 and remain stable in temperatures of up to 60° and 80° C. These characteristics offer the acid-sensitive individual digestive support without adding acid to the body.†



Zymex® II

**Introduced in:** 1958

**Content:**

40 Capsules

150 Capsules

**Vegetarian Product**

#### Supplement Facts:

Serving Size:	2 capsules	
Servings per Container:	20 or 75	%DV
Calories	4	
Total Carbohydrate	1 g	<1%*
Ficin	20 mg	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		

**Proprietary Blend:** Defatted almond (nut), fig (fruit), papain, bromelain, amylase, lipase, and cellulase.

**Other Ingredients:** Gelatin, water, maltodextrin, and colors.

**Suggested Use:** Two capsules between meals, twice daily, or as directed.

Sold through health care professionals.



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## What Makes Zymex II Unique

### Product Attributes

Contains 10 mg of ficin per capsule

- ▶ An effective proteolytic enzyme with the naturally occurring enzymes and synergists from almond, fig, papain, bromelain, amylase, and lipase

Does not contain pancreatin or betaine hydrochloride

- ▶ Developed for the acid-sensitive individual†

### Manufacturing and Quality Control Processes

Not disassociated into isolated components

- ▶ The nutrients in Zymex II are processed to remain intact, complete nutritional compounds

Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products

- ▶ Ensures consistent quality and safety

Vitamin and mineral analyses validate product content and specifications

- ▶ Assures high-quality essential nutrients are delivered

### Whole Food Philosophy

Our founder, Dr. Royal Lee challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Zymex® II.

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