



# Gluten/Dairy Digest

INTRODUCED 2011

## What Is It?

Gluten/Dairy Digest contains a unique mix of enzymes to support normal gluten, casein, beta-lactoglobulin and lactose digestion.\*

## Uses For Gluten/Dairy Digest

**Gluten and Dairy Digestion:** Gluten/Dairy Digest includes a blend of proteases specially formulated with dipeptidyl peptidase IV (DPP-IV) activity to help break down gluten peptide fragments in normal digestive systems. Studies suggest that it may also promote a healthy cytokine balance to support GI comfort and function. Additionally, this formula provides a unique mixture of protease enzymes and lactase to assist digestion of multiple constituents of milk and dairy products. Protease enzymes targeting casein and beta-lactoglobulin proteins support dairy protein digestion. Casein is the predominant protein in milk and cheese. Beta-lactoglobulin occurs primarily in the whey fraction of milk. It is an acid-stable protein and therefore may not be broken down by pepsin and pancreatin. Lactase breaks down the milk sugar lactose, helping to relieve occasional bloating or gas that some people can experience from dairy consumption.\*

## What Is The Source?

Enzymes are derived from microbial fermentation. Hypo-allergenic plant fiber is derived from pine cellulose.

BioCore® is a trademark of National Enzyme Company.

## Recommendations

Pure Encapsulations recommends 1-2 capsules as needed, with a meal.

## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. If you are on a controlled diet and/or under the care of a health care professional for dairy and or gluten digestion, continue to follow those recommendations. This product is not intended to substitute for the recommendations of a health professional. At this time, there are no known side effects or precautions. Consult your physician for more information.

## Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications. Consult your physician for more information.

### Gluten/Dairy Digest

each vegetable capsule contains  v 2

BioCore® DPP-IV.....	100 mg
protease (endo/exopeptidase).....	30,000 HUT
protease (exopeptidase).....	500 DPP-IV
protease (endo/exopeptidase).....	8.5 AP
BioCore® Dairy.....	105 mg
protease (endo/exopeptidase).....	630 BLGU
lactase.....	1,000 ALU
(hypo-allergenic plant fiber added to complete capsule volume)	

1-2 capsules as needed, with a meal.

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.

