

Complete Digest™ With Glutalytic®

Complete Digest™ provides a potent, Non-GMO broad-range vegan enzyme blend, to assist the breakdown of a wide range of protein, fats, and carbohydrates found in potentially troublesome foods.* These include gluten, gliadin, fatty foods, starches, egg, soy, lactose, and milk proteins (whey, casein).* The formula includes Glutalytic®, lactase, lipase, alpha-galactosidase, and amylase.

Complete Digest™ supports normal digestive function because it can degrade other potential allergenic proteins, in addition to gluten*. Besides gluten and gliadin, it helps degrade wheat protein, both the milk proteins whey and casein, ovalbumin, salmon, almonds, soy, eggs, and peanuts. It has a broad pH range of effectiveness, and is made using Non-GMO sources.



#57210

30 vegetarian capsules

#57000

90 vegetarian capsules

Key Features

- A potent, broad-range vegan enzyme blend, from Non-GMO sources
- Includes Glutalytic®, lactase, lipase, alpha-galactosidase, and amylase
- Supports digestion of gluten, gliadin, various fats, starches, egg, soy, lactose, whey, and casein*
- Endo and exo-peptidases provide DPP-IV activity to assist with gluten digestion*



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Glutalytic®: A powerful high quality enzyme blend that contains both exo and endopeptidases, which enhances its digestive speed and completeness.* Gluten is the well-known protein found in wheat, rye, and barley. Most gluten enzyme formulas contain either endopeptidase, which breaks the peptide bonds internally, or exopeptidase, which breaks the bonds externally. Glutalytic® contains both endo- and exopeptidases, which enhances its ability to degrade gluten, working more quickly and completely than each peptidase could do separately. Acting in conjunction, the peptidases create the correct endopeptidase cleavage pattern near the long-chain amino acids that need to be hydrolyzed by the exopeptidase. Once the peptide has been broken down to a small enough chain, the body does not recognize it as gluten any more, but rather as small, random, non-allergic peptides.* Glutalytic® source is *Aspergillus niger*, *Bacillus subtilis*, and *Aspergillus oryzae*.



Alpha-galactosidase: Assists the body's digestive system in breaking down complex carbohydrates that are implicated in creating gas in the gut.* Complex carbohydrates are found in vegetables, grains, legumes, nuts, seeds, and beans, and can be difficult to breakdown to the simple form needed for proper digestion.* Galactosides are complex molecules (glycolipids and glycoproteins) that include in their structure the monosaccharide sugar galactose. Alpha-galactosidase is an enzyme family that specifically catalyzes the hydrolysis of galactosides into monosaccharides, and so helps to digest these sugar and fat complexes.* When there are insufficient alpha-galactosidase enzymes present, the undigested complex sugars can create temporary gassiness, and may contribute to complex carbohydrate intolerance.* Alpha-galactosidase source is *Aspergillus niger*.



Lipase: An enzyme released by the pancreas into the small intestine. It helps the body absorb fat. Taken in combination with amylase and protease, lipase may help reduce excessively oily bowel movements (EOBMs), and support normal pancreatic function and healthy nutritional status.* Lipase source is *Candida rugosa*.



Amylase: An enzyme that helps digest carbohydrates. It is secreted first in the mouth from the glands that make saliva, and is produced in the pancreas as well. Amylase source is *Aspergillus oryzae*.



Lactase: An enzyme produced by cells that line the walls of the small intestine in the healthy gut. Lactase functions at the brush border to break down lactose (milk sugar) into the smaller sugars glucose and galactose for absorption. Lactase may help with symptoms of functional lactose intolerance, which can include cramps, diarrhea, and gas.* Lactase source is *Aspergillus oryzae*.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 30 (#57210), 90 (#57000)

Amount Per Serving		% Daily Value*
Glutalytic® (Endo & Exo-Peptidase Blend)	189 mg	†
Protease	75,000 HUT	
Aspergillopepsin	500 SAPU	
Protease (DPP-IV)	125 DPP-IV	
Amylase	15,000 DU	125 mg †
Lactase	4500 ALU	60 mg †
Lipase	2500 FIP	11 mg †
Alpha-Galactosidase	150 GalU	6 mg †
† Daily Value not established		

Other ingredients: Hydroxypropyl methylcellulose, rice dextrin, medium-chained triglycerides.

Suggested Use: As a dietary supplement, 1 capsule one to three times daily with meals, or as directed by a healthcare professional. Not recommended for use with light snacks.

Store in a cool, dry place, tightly capped. May be refrigerated for long-term storage.

HUT: Hemoglobin Units on Tyrosine / SAPU: Spectrophotometric Acid Protease Unit / DPP IV: Dipetidyle Peptidase IV / DU: Dextrinizing Unit / ALU: Alpha Lactase Unit / FIP: International Pharmaceutical Federation / GalU: alpha-Galactosidase Units