

DIGESTIVE CARE

FOOD COMPOUND VITAMIN

Vitamin, Mineral & Herbal Formula



Promotes a Healthy Digestive System

Enhances Digestion of All foods

Plant-Sourced Enzymes

Vegetarian Formula



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*Product Rationale
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RIGHTFOODS™ *DIGESTIVE CARE*

Rationale

The fundamental reasons and logical basis used to formulate RIGHTFOODS™ **Digestive Care**™.

To Maximize Nutrient Utilization by Providing A Complete Active Range™ of Whole Foods In A Broad Spectrum Formula

No Nutrient Works Without The Benefit Of Food.

The latest research indicates that Food Compounds in food are needed to deliver nutrients to the cells. When these factors naturally occur you have the most efficient delivery mechanism. Food is the most effective method of nutrient delivery.

RIGHTFOODS™ Provides The Foods That Make The Vitamins And Minerals Work.

Recent science has proven that food is the key to nutrient delivery and utilization. Cutting edge scientific research on optimum health maintenance and preventative care indicates the undeniable importance of food. The broadest spectrum of Food Compounds from food, and the factors found in food, such as pigments, the enzymes and protein chaperones, are the most direct path to optimal Health.

A Broad Range Of Supplemental Components.

The human body needs a broad spectrum of nutrients to maintain optimal health. Eating to stay healthy is not as easy as it seems. A study in the July 16, 1999, issue of *Science* reports that people living in the United States and other industrialized nations often fail to obtain recommended daily minimums of essential nutrients. This is despite the fact that meals contain a nearly endless variety of food.

Research reveals an enhanced physiological response is obtained from moderate amounts of a broad spectrum of foods and food compounds. This broad spectrum of moderate supplemental and nutritive components provides greater health benefits than large amounts of one isolated supplement fraction or the isolated active constituents of a plant.

Digestive Care™ by RightFoods™ is designed to aid in digesting foods and promote digestive health.

It has been proven, a diet comprised mostly of fruits, vegetables, and whole grains, is an essential element to achieve and maintain good health. These foods are valuable not only for their nutritional content but also for the beneficial digestive enzymes they provide. Enzymes naturally present in whole foods have an important role in the breakdown and release of nutrients from foods during the digestive process. Since the average American diet is comprised mostly of refined foods and limited amounts of fresh fruits and vegetables, the addition of plant-sourced digestive enzyme supplements has an increasingly important role in the diet to support healthy digestion. Although the body produces its own digestive juices containing enzymes to break down food, it doesn't always do so efficiently, resulting in an overall decline in digestive health. Factors that influence digestive health are stress/anxiety, eating food too quickly and/or eating "on-the-go." As a result, many people experience the uncomfortable symptoms of indigestion such as bloating, abdominal cramps, or a burning sensation (acid reflux) after a meal. Taking **Digestive Care**™ daily with each meal may help to prevent these uncomfortable symptoms from arising while supporting your overall digestive health.

To achieve wellness, health care professionals recommend digestive enzymes with each meal because the foundation of health begins with a healthy digestive system. The body produces enzymes specific to breaking down the three components of foods: carbohydrates, proteins, and fats. These components of food need

to be broken down into smaller molecules in order for the body to absorb them. For example, proteins are large complexes that require protease enzymes to break them down into their simpler and smaller building blocks called amino acids. It is the amino acids that are absorbed into the body and provide nourishment. Even table sugar, a highly refined substance, cannot be absorbed without first being enzymatically broken into two smaller molecules.

For optimal digestion of food and absorption of nutrients into the body, sufficient amounts of plant-sourced enzymes also need to be present. **Digestive Care™** is designed to provide a full-spectrum of seven plant-sourced enzymes to support optimal digestion and absorption. Refer to the chart below for a description of each enzyme in **Digestive Care.™** To promote a healthy digestive system **Digestive Care™** also provides the intestinal bacteria *Lactobacillus acidophilus*. This beneficial bacteria is present in healthy digestive systems. It is important to maintain healthy levels of intestinal bacteria to help prevent the overgrowth of yeast and other pathogens that can negatively influence the health of the whole body.

TONIC WHOLE HERB EXTRACTS

“Whole plant extracts, artfully and scientifically prepared, provide the most complete range of the plant’s chemistry and synergy and therefore exercise the most holistic influence on the physiology.”
Naturopathic Handbook of Herbal Formulas, Herbal Research Publications, Inc., Ayer, MA., pg. 14, 1996.

Extracts

In most cases using extracts is the best means of herbal delivery. If the herb is not extracted the active constituents can be locked within the cell walls. The more concentrated the extract the more active constituents are available for delivery. For example, 8:1 means eight pounds of whole herb are extracted and concentrated to equal one pound of whole herb extract. In this case the value of the extract is at least eight times greater than the value of the non-extracted herb. Using these potent whole herb extracts is important for maximum efficacy of the herbs. Extraction creates a huge advantage.

Whole Plant

Our herbal extracts are created with an understanding of the advantages of the whole plant verses an isolated fraction of the plant. Research indicates that the whole plant extract, when compared to the isolated fraction, delivers superior results. This whole plant Advantage is due to the synergistic effect of the thousands of phyto-nutrients contained in the plant.

The delivery mechanism of whole herbs with their synergistic phyto-nutrients intact creates the same Advantage as the delivery of whole food nutrients.

Whole plant extracts are safer than isolated fractions of plants. Examination of the US Pharmacopeia** reveals that isolated fractions of plants are often the basis for therapeutic drugs, many of which exhibit side effects. With few exceptions, whole herb extracts do not exhibit these side effects.

Gentian Root- One of the most popular bitter tonics in Europe. Commonly used to help with all digestive disorders. Helps to strengthen pancreas.

Caraway Seed- An aromatic herb that helps to soothe digestive problems by increasing peristalsis, reduce gas production and relax intestinal muscles. Supports movement without distention caused by gas.

Ginger Root (*Zingiber officinale*)

Ginger is traditionally known as the delivery herb, enhancing the effectiveness of other herbs and increasing nutrient bioavailability. A powerful antioxidant with adaptogenic properties, it aids peripheral circulation. Ginger is balancing to the prostaglandins, hormone-like substances that regulate inflamma-

PROBIOTIC

Lactobacillus acidophilus

- *Lactobacillus acidophilus* is considered the most important resident of the small intestines. It also inhabits digestive tract, mouth and vagina
- produces lactic acid, which assists in proper pH balance
- improves lactose absorption, an aid to those with lactose intolerance - (results felt in about a week)
- DDS-1 Research by Dr. Shahani indicates effectiveness against a wide number of pathogens including salmonella, staphylococci and candida albicans
- moderate generation time (approx. 64 min.)
- moderate acid resistance
- reduces intestinal putrefaction from coliform bacteria and reduces actual bacteria count of coliform
- aids nutrient uptake, especially calcium
- reduces activity of detrimental fecal enzymes, such as B-glucosidase and B-glucuronidase, involved in carcinogen production
- helps break down toxic nitrates and nitrites
- assists in regulating blood cholesterol levels
- assists in protection from radiation
- must be taken continually to be maintained in large intestine - after a 9 day break, bacteria composition returns to pre-supplemental levels
- produces natural antibiotic factors including acidophilin which inhibit the growth of several undesirable microorganisms
- implanting strain that attaches to the intestinal wall with great tenacity

PLANT SOURCE ENZYMES

Amylase - A digestive enzyme that aids with the conversion of starch into smaller sugars. Derived from the Greek word meaning “in sourdough” and is the original enzyme.

Protease - A protein digesting enzyme which breaks down proteins into amino acids and amino acid chains.

Lipase - An enzyme that breaks-down and aids in digestion of fats, along with bile. Necessary for absorption of fat soluble vitamins.

Glucoamylase - Used for breaking down maltose into simple sugars.

Cellulase - Important for digestion of cellulose.

Invertase - Invertase aids digestion of sugars

Lactase- Important for digestion of lactose in dairy products.

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tion. Research indicates ginger is a digestive aid rich in proteolytic enzyme activity that increases bile production. Ginger's actions include: antioxidant, anti-nausea, analgesic, antihepatotoxic, digestive tonic, biopotentiator, anti-inflammatory, adaptogen, antibacterial, antithelminic, cytoprotective, cardio.