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PREMIUM ENZYME COMPLEX® From RobKellerMD®

Why Enzymes are Vital to Your Health.





It is generally assumed that if you eat a healthy diet, and stay properly hydrated, your body will receive all the nutrition it requires. The reality is that as we age our ability to break down and absorb nutrients diminishes over time. The cause of this, in many instances, is decreased production of enzymes that enable efficient breakdown of complex molecules necessary for their absorption.

A lack of digestive enzymes can cause unwelcome outcomes such as unwanted weight gain, a decrease in energy and a weakening of the immune system. The good news is there is a solution to this problem: Premium Enzyme Complex™, PEC™.

In this resource guide, we will share information from leading health and clinical studies that highlight the importance of digestive enzymes for optimizing nutrient absorption. We will explain in detail how enzymes work in the gastrointestinal tract and why our ability to absorb nutrients may decrease as we age.

Learn how you can supplement your digestive enzymes, and why enzymes may be the 'missing link' to extracting maximum nutritional benefit from the healthy food in your diet.

Here are the primary questions we will be addressing in this resource guide:

1. How well is your digestive system able to extract and utilize essential nutrients from the food you eat?

2. What happens when your body is not able to break down proteins and carbohydrates efficiently?

3. What can you do to improve nutrient absorption to gain the most benefit from the healthy foods you eat?

Optimizing Protein Absorption by Balancing Healthy Digestive Enzymes

Enzymes in the digestive tract are responsible for breaking down the foods and beverages we consume to derive nutrients our bodies rely on for energy and the constant creation of new cells.

Scientists estimate that there may be as many as 10-50 trillion cells in the human body, and scientists estimate that up to 100 million erythrocytes (red blood cells) are regenerated every minute.

When we begin to look at the energy needs of our bodies, our overall health (which begins at the cellular level) relies on providing adequate nutritional support for our existing cells, the creation of new cells and the process by which our body discards dead cells and waste.

Proteins are the single most important building block of cellular health. A diet that is rich in proteins (from animal or plant-based sources) is vital to wellness. But a consistently healthy and balanced diet that offers rich proteins cannot properly benefit your health if the digestive tract is unable to effectively break down, digest and absorb these proteins.

There are many health consequences and chronic health risks associated with the poor absorption of nutrients and proteins. Proteins that are not properly digested place additional burden on certain organs, and can compromise good health. Proteins build your muscles, organs, and bones, and are involved in many life sustaining functions.

Calcium deficiency is one of the unwanted side-effects of poor protein absorption, and this can place individuals at risk of bone density loss, and conditions like osteoporosis.

What Interferes with Optimal Protein Absorption?

Maintaining a healthy bacterial balance in your gastrointestinal system depends on controlling the pH balance throughout the digestive process. If you have a highly acidic pH in your digestive tract (or not enough acidity), essential enzymes required for the conversion of food into small chain carbohydrates and proteins are not activated, leading to the loss of valuable nutrients.

Microbes that reside in the stomach can tip the scales and create a high alkaline (insufficient digestive acid) environment, where helicobacter pylori can neutralize acids, making foods harder to digest. When this happens, whole molecules of undigested proteins can pass through the small intestine without breaking down the proteins into easily absorbed and needed forms.

After the stomach, the small intestine (if it lacks sufficient acidic balance) can also allow partially digested food to pass through, without deriving nutritional benefit. Yeast and non-beneficial bacteria tend to build up in the small intestine, which can create other health problems like SIBO (small intestine bacterial overgrowth).

The small intestine is structured to process dietary foods and fluids quickly, and process waste nutrients to the large intestine. An imbalance of the gastrointestinal flora (and one of the reasons that probiotics are essential to wellness) can lead to an increase in bacteria and candida (yeast), leading to other health issues.

The PH levels that are required within the individual components of the digestive system vary, but are extremely important for proper digestion of food. The stomach needs enough acid to break what you eat into nutrients, while the small intestine is more alkaline because the small intestine is not responsible for the breakdown of food, but for the absorption of vitamins and minerals.

How can you tell if digestive bacteria are not balanced? Symptoms can include bloating and gas, heartburn, and bowel irregularities such as diarrhea and constipation.

Both probiotics (in supplements and from rich dietary sources) and proper enzyme supplementation help support the efficient breakdown of proteins, carbohydrates and fat from the good foods we eat.

The Role of Digestive Enzymes in Healthy Weight Management

Did you know that while enzyme production remains steady from adolescence to the age of thirty, the production of digestive enzymes begins to decelerate as we get older? Some studies have estimated that up to 25% of our enzyme production is lost by the time we reach the age of 40.

One of the important things that researchers have discovered when examining the benefits of a raw food diet is that when foods are cooked, a significant amount of enzymes are lost. Virtually all plants, legumes and meat proteins have active enzymes that are degraded during cooking and many food processing steps. One of the reasons why wheatgrass is a popular raw food additive in healthy beverages is due to the preservation of active enzymes that are preserved in the absence of cooking.

When examining our modern diet versus the diet of our grandparents, there is a stark contrast between the available nutrition in the fruits and vegetables between the two eras. In our grandparents' era, crops were rotated and land was allowed to lay fallow to allow for nutrients to be present in the soil to be absorbed by the next crop that was grown in that field. Today, land is not allowed to lay fallow, most farms are now commercial enterprises where the fields are never given a chance to rest and recharge with nutrients. The result of this over farming is produce that is nutritionally inferior to the era of our grandparents, lacking the vitamins, minerals and enzymes that should otherwise be present in that produce.

Our bodies have evolved to intake enzymes that supplement those that are already naturally produced in the body from the food we eat.

If we are not consuming these enzymes, organs like the liver and pancreas must work harder to supplement them for digestion and absorption. Individuals with raw plant-based diets (including vegans), derive the most benefit from increased external enzyme supplementation; these populations also have a documented lower rate of chronic obesity and diseases such as cancer.

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Without a healthy balance of enzymes, protein absorption is severely compromised. Proteins are the building block of every cell in the body, creating amino acids and certain hormones including insulin and growth hormone (HGH).

When proteins are digested, it is the proteolytic enzymes and hydrochloric acid (produced in the digestive tract) that break down the protein molecules into amino acids that are then absorbed through the walls of the intestines.

Without this important step, whole proteins may not be absorbed and can contribute to gastrointestinal inflammation and other related health problems.

One of the most important reasons to learn more about enzymes, digestion and nutrient absorption, is the role that malabsorption plays as an appetite stimulant. Your body is a complex communication network that sends messages when it is 'running low' on nutrients, acids or enzymes it needs for health and energy.

Clinical studies have concluded that the sensation of hunger can be triggered by low hydration and/or insufficient availability of enzymes.

What does this mean for individuals who are attempting to lose weight or maintain a healthy weight? Your sensation of hunger may be related to a need for more nutrients, but not necessarily more calories.

When enzymes are balanced in the digestive tract, your body uses every calorie you consume more efficiently, and requires fewer calories to address nutritional needs.

By improving the absorption of protein and healthy fats, and converting carbohydrates into calories that can be rapidly burned, enzymes support both weight loss and long-term management of BMI (Body Mass Index).

Enzymes, often referred to as proteases, assist in the breakdown of proteins into the component amino acids in the stomach and small intestine, enhancing absorption and diminishing the urge to eat more food.



Without a consistent healthy balance of enzymes, protein absorption is severely compromised.

Next, we will explain the importance of protein absorption and balanced enzymes for specific health conditions, and why Premium Enzyme Complex™, PEC™ is important for optimum health and wellness.

DIABETES

Enzymes and Glucose Management for Type II Diabetics

Several clinical studies have determined that the serum amylase and blood glucose profiles of individuals with Type II Diabetes (T2D) are much lower than individuals who have not been diagnosed with Type II Diabetes. Clinical research has linked normal amylase levels to effective regulation of blood sugar levels and, in some cases, reversal of the symptoms and some of the health risks associated with Type II Diabetes.

Increasing the absorption of nutrients also means that individuals with diabetes can reduce the amount of calories they consume, because they are converting those calories to glucose energy more effectively. A healthy diet and proper enzyme supplementation is often required to assist in optimizing this energy creation process. Enhanced protein absorption also helps relieve the additional burden on the pancreas, which is already compromised for individuals with type 2 diabetes, and improves the pancreas' ability to maintain insulin levels naturally.

HEART HEALTH

Balancing Digestive Enzymes and Protein Absorption for Cardiovascular Health

Senior investigator Dr. David Kass, a Professor of Medicine at the Heart and Vascular Institute at Johns Hopkins University School of Medicine, published an important clinical study in 2015 that linked enzymes to heart disease and stroke.

Heart failure impacts more than 5 million Americans annually, and happens when the heart becomes impaired and unable to distribute blood and oxygen to all areas of the body, including organs. Until the study was published, physicians were uncertain how heart failure, heart disease and stroke were triggered (other than the commonly understood lifestyle triggers, such as tobacco use, sedentary habits, alcohol consumption, obesity and poor diet).

The heart muscles depend on a balance of proteins, hormones and enzymes to function properly. Proper proteolytic enzyme supplementation can assist in balancing this blood chemistry equation, contributing to cardiac health.

FOOD ALLERGIES

Enzymes and Food Allergy Management

Problems with digestion are common for individuals who have food allergies. In fact, many people can go years without understanding that their gastrointestinal problems may be related to a food allergy. There is a strong link between poor protein absorption and low levels of digestive enzymes. Published medical research studies have shown that poor protein absorption may be a contributing factor in many food allergies.

Did you know that all eight of the major food allergens that trigger a negative digestive response are proteins?

They include:

- ***Milk***
- ***Eggs***
- ***Fish***
- ***Shellfish***
- ***Tree nuts***
- ***Peanuts***
- ***Wheat***
- ***Soybeans***

The symptoms of food allergies are uncomfortable, as the gastrointestinal system works to quickly neutralize or expel the source of the allergy.

Antibodies can trigger an immediate response, releasing histamines that create noticeable symptoms of digestive upset, abdominal pain, nausea, vomiting and diarrhea.

In the past decade, medical research has supported an important change in how we view food allergens and digestion. Today, we know that food allergies do not cause indigestion; poor digestion is a trigger for food allergies and a symptomatic response from the immune system and the digestive tract.

Digestion and the human immune system are synonymous. Our natural ability to digest foods correctly declines with age, and environmental factors such as toxins, heavy metals, lifestyle habits (smoking and alcohol consumption) and prescription medications can inhibit proper digestion.

Gluten intolerance is often a precursor to celiac disease, inflammatory reactions that starts in the small intestine near the bottom opening of the stomach. The inflammation causes swelling in the small intestine, which impairs its ability to properly absorb nutrients. Some soy products, and high-lactose products are common triggers that the body does not recognize as a source of nutrition. The immune system can perceive them as an inflammatory risk, and may try to expel them from the digestive tract.

Improving the efficiency of protein absorption with proper proteolytic enzyme supplementation can help minimize G.I. inflammation. This can significantly improve nutritional absorption and reduce histamine triggers that are released when proteins have not been adequately broken down for digestion, due to low levels of digestive enzymes.

OSTEOPOROSIS

Enzymes Help Improve Bone Health and Reduce the Risk of Osteoporosis

Protecting bone health and density as we age is important for mobility, quality of life, and the prevention of injuries in our senior years.

The International Osteoporosis Foundation (IOF) states that osteoporosis is a major public health threat in the United States, with more than 44 million men and women over the age of 50 years currently diagnosed with the condition.

In recent years, medical researchers have discovered that serum levels of liver enzymes that are above the normal range and liver disease are strongly linked to bone health and osteoporosis.

Calcium deficiency can be linked to low protein absorption. The human body also relies on calcium for efficient muscle and nerve function. Calcium is critical in conveying signals from the brain to all the muscles and organs in the body.

Calcium deficiency can cause these processes to degrade, compromising the body's metabolic and immunologic function.

If low levels of calcium availability persist, the body may 'borrow' calcium from bones and teeth, further depleting bone strength and density.

The truth is, your body can't afford to borrow calcium from one area to allocate it to other metabolic functions without impacting the strength and health of our bone structures. Poor protein absorption occurs naturally with age, due to a diminished availability of the proteolytic enzymes necessary to break down the proteins we consume.

But if we consume dietary rich sources of enzymes and take a high quality proteolytic enzyme supplement, we can maintain optimal calcium levels, thereby sustaining healthy bone density.

BOOST TO IMMUNE SYSTEM

How Enzymes Help to Strengthen the Immune System and Fight Infections

We have already mentioned that enzymes play an important role in the function of the immune system. But how exactly do they help address immunity, and make us more resistant to viral, bacterial and fungal infections?

When the human body is unable to adequately digest, process and absorb proteins, some of the particles may be absorbed into the blood causing the immune system to discard the undigested proteins that attach themselves to cells in the blood stream. This process lowers the ability of red blood cells to carry oxygen, which impacts every essential function in the body.

The first impact of diminished oxygen is decreased energy. Red blood cells with lower oxygen levels die quickly and slow the delivery of oxygen to tissues, muscles and organs. This condition is called hypoxemia.

Low iron can cause impaired oxygen utilization, because oxygen molecules bind best to cells that contain iron (heme), found in the hemoglobin of the blood. The fatigue that many individuals with low iron levels experience is related to insufficient oxygen levels in the blood.

Fibrin is an insoluble protein that is used by the body to repair internal and external injuries, including infections. In normal circumstances, extra fibrin is processed temporarily to address healing, and then the body releases enzymes to dissolve the excess from nerves, muscles and blood vessels.

When blood protein levels are too high however, the fibrin remains and is not dissolved, which can slow the flow of blood, leading to clots and increased stroke and heart attack risk.

Undigested proteins inhibit the messaging system that releases enzymes to dissolve fibrins. Pain relief medications are one way that we can inadvertently block enzymes from doing their job.

Fibrin molecules are deployed, but over time they can thicken, forming scar tissue on the inside of blood vessels and arteries. This can further reduce blood flow, and the distribution of antibodies your immune system produces to combat bacterial and viral infections.

At RobKellerMD®, we recognize the important role that protein absorption and enzyme balance plays in overall health and wellness.

Even the best and most balanced diet paired with nutritional supplements cannot improve health and immunity unless the digestive system is optimized for nutrient absorption.

We have formulated a scientifically advanced proteolytic enzyme supplement that may help.



Premium Enzyme Complex™ (PEC™)

We are pleased to introduce our exciting new proteolytic enzyme supplement, Premium Enzyme Complex™. PEC™ provides targeted digestive support, with enzymes and organic minerals to accelerate and optimize your body's ability to absorb dietary nutrients for maximum health benefits.

How does Premium Enzyme Complex™ from RobKellerMD® help to improve digestion and nutrient absorption?

· Assists in the breakdown of carbohydrates (oligosaccharides and polysaccharides) into monosaccharides (single sugars) so that they can be used more effectively for energy.

· Contains enzymes to help break down food in a shorter period of time, increasing energy and naturally reducing appetite triggers associated with low nutrient levels.

· Promotes the breakdown of long-chain proteins to single amino acids that your body can use to create additional enzymes, while repairing muscles, tissues and organs.

· Optimizes the enzyme levels in the digestive tract which benefits individuals with food allergies

Premium Enzyme Complex™, PEC™, from RobKellerMD® contains ingredients and enzymes that survive pH levels 1-7 in the digestive tract, meaning that they 'survive' the digestive process to promote balance in the stomach, small and large intestine, while working to support healthy liver and kidney function.

PEC™ not only helps restore enzyme balance in the gastrointestinal tract, but it provides other nutrients to support digestion, energy conversion and efficient regulation of gut bacteria for improved nutrient absorption.

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AstraZyme™

A VEHICLE OF ENERGY

AstraZyme™

A proprietary and clinically tested ingredient. AstraZyme™ helps to achieve maximum absorption of proteins and convert them into amino acids throughout the digestive process.

This plant-derived formulation remains activated throughout all pH spectrums of digestion.

Due to Astrazyme's ability to significantly improve absorption of amino acids, taking PEC™ together with OGF®, Original Glutathione Formula®, may enhance the effectiveness of glutathione creation.

As we age, it becomes more difficult for our digestive processes to transform proteins into molecules that benefit our health.

AstraZyme™ assists in breaking down proteins in the most efficient manner, while improving absorption within the first 30-60 minutes after food is consumed.

Independent clinical research conducted on AstraZyme™ by Enzymology Research Center, Inc. revealed that AstraZyme™ increased total peptide absorption by CACO-2 cells by 41% within the first 45 minutes of digestion.

Using extracts from Astragalus membranaceus and Panax notoginseng, the cellular uptake (absorption) of small peptides and amino acids is increased.

AstraZyme™ has been formulated to address protein, carbohydrate and fat absorption as part of the balanced enzyme spectrum. This takes some of the pressure off the pancreas, which is responsible for producing these essential enzymes for digestion.

AMYLASE

This powerful enzyme helps to improve the breakdown of carbohydrates and supports healthy blood glucose levels.

While a diet that is low in carbohydrates is healthy, the body depends on glucose as its primary energy resource. That energy conversion is impossible without Amylase.

Amylase breaks down starches found in breads, grains, cereals and vegetables like corn, potatoes and peas into two sugar units: maltose and isomaltose.

When this first step happens, two other important enzymes (maltase and isomaltase) help convert them into the monosaccharide glucose.

So how does amylase work?

Salivary amylase is released in the mouth to start breaking down food for digestion. This triggers parietal cells that secrete acids, pepsin and gastric amylase.

This creates chyme, which is the pulpy substance that passes from the stomach to the small intestine, containing gastric secretions and partially digested food.

When the chyme reaches the stomach, it triggers the release of secretin in the duodenum. This signals the pancreas, which releases hormones, bile, bicarbonate and other pancreatic enzymes that change the acidity of the chyme to an alkaline level.

This allows the digestive tract to further absorb the food matter as it travels through the small and large intestine.

LIPASE

Lipase is another vital digestive enzyme that promotes the breakdown of fats or lipids to fatty acids, and fat-soluble nutrients including vitamins A, D, E, and K. This enzyme is most prominently released by the pancreas into the small intestine, and works with two other enzymes, protease and amylase to separate and breakdown proteins, fats and carbohydrates.

Lipase essentially splits fats within the intestines, enabling them to be absorbed in the G.I. tract. It hydrolyzes fats like triglycerides into fatty acids and glycerol molecules. High concentrations of lipase are found in the blood, digestive gastric and intestinal juices, adipose tissues and pancreatic secretions. Without optimal levels of lipase, triglycerides can increase, contributing to heart disease and other health problems.

PROTEASE

Protease enzymes support the conversion of proteins into small chain polypeptides, enhancing protein absorption. Protein molecule chains are long and difficult to digest, but the protease enzyme cuts the structure into smaller short amino acid chains to optimize cellular absorption.

Since the body is comprised of proteins, a careful balance of enzymes ensures that the digestive tract does not, literally, digest itself. At night, for instance, protease is deactivated by the brain when the stomach is empty. An excess of protease can lead to acidic imbalance in the digestive tract and problems with gastrointestinal inflammation and ulcers.

SUCRASE

This digestive enzyme helps break down carbohydrates, reducing acid reflux, bloating and indigestion. Sucrase is essential for sucrose hydrolysis, the digestion of simple sugars like glucose and fructose into energy that the body can use efficiently. In the process of splitting sucrose into simple carbohydrates, the body can process sugars into usable energy.

Sucrase is most commonly found in the small intestine, reducing inflammation in the G.I. tract, and supporting the immune system in defending the body against viruses.

Lactose intolerance is one disorder that is linked in many clinical studies to insufficient levels of the sucrase enzyme. Celiac disease is also strongly correlated to a deficiency of sucrase.

CELLULASE

This enzyme strengthens cell membranes against free radicals, and promotes the absorption of fibrous plant nutrients. It is produced naturally when fungi, protozoa and bacteria catalyze cellulolysis (the breakdown of cellulose found in plants, fruits and vegetables).

Glucose from cellulose is released slowly and does not rapidly elevate blood sugar levels, making this enzyme of value for individuals with type 1 and type 2 diabetes. Cellulase also plays an important role in managing cholesterol.

LACTASE

For individuals who have difficulty processing lactose, this enzyme can help by effectively breaking down sugars in dairy products into glucose and galactose, reducing gastrointestinal inflammation and bloating.

Approximately 10% of the U.S. population is lactose intolerant, meaning they have a lowered ability to digest the lactose in common dairy products, like milk, cheese and ice cream. Clinical studies have shown that lactase supplementation can improve the digestion of dairy products for those individuals who are lactose intolerant.

MALTASE

Maltase is one of the most essential enzymes in the human digestive process and it is the primary enzyme found in saliva.

Maltase begins the process of reducing the food we eat into a digestible pulp, helping to ease the burden on both the pancreas and the small intestine. This supports the molecular breakdown of sugars and starches.

Maltase works by breaking down disaccharide maltose in starches and grains to optimize conversion into energy your body can rapidly use.

During the more acidic phases of dietary digestion (in the stomach) this enzyme is halted but resumes working when it moves to the neutral pH environment of the small intestine.

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PEPPERMINT

Peppermint is a valuable herbal extract that offers many digestive health benefits.

Peppermint naturally supports optimal digestive function by reducing bad bacterial and fungal growth including candida (yeast).

The antioxidant properties of peppermint (camphor, menthol and carvacrol) provide enhanced bacterial and fungal resistance and is a good source of beneficial minerals like vitamin A, vitamin C and fatty acids.

GINGER

Ginger is another healthy herbal extract that works to reduce gas, constipation and bloating. Ginger also improves insulin regulation and blood glucose management by supporting metabolic processing of carbohydrates and lipids.

For individuals diagnosed with diabetes, it also offers additional protection against kidney, eye and liver complications, and positively impacts cardiovascular health and digestion.

LICORICE

Licorice root is an unsung hero when it comes to gastrointestinal health. It can help with symptoms of dyspepsia (digestive discomfort in the rib area), and it attacks ulcer causing bacteria throughout the digestive tract.

The herbal extract also stimulates the production of interferon which strengthens the immune system.

BETAINE HCL

Betaine hydrochloride (HCL) is naturally found in foods like beets, grains and spinach. Physicians often recommend Betaine HCL as a supplement to improve hydrochloric acidic production in the stomach, where digestion has been impaired by low pH (hypochlorhydria).

Individuals who have difficulty producing sufficient amounts of hydrochloric acid, lose the natural ability to kill harmful bacteria in the stomach, and may be prone to increased bacterial and intestinal infections and inflammation.

Betaine HCL supports the breakdown of fat and proteins in food, and helps assimilate essential proteins, iron, calcium and vitamin B-12.



Each bottle of **Premium Enzyme Complex™** contains 90 capsules. Take one capsule 10 minutes before or during breakfast, lunch and dinner for a total of 3 capsules daily. PEC™ was formulated to promote healthy digestion with quality ingredients that will not irritate your digestive tract.

PEC™ is a proteolytic enzyme supplement for any diet or lifestyle:

- ***All-natural, no artificial or synthetic fillers***
- ***100% non-GMO***
- ***Suitable for vegan and vegetarian diets (plant-based nutrients)***
- ***Gluten free***
- ***Allergen free***
- ***Non-diary and non-soy***

Premium Enzyme Complex™ provides the enzyme support your body needs to digest and absorb proteins, carbohydrates and fats, which supports long-term health and enhances immunity. Try it for 90 days to feel the difference in your health.

Save $10 with our convenient auto-ship service.

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Clinical Resources

Inhibition of Key Digestive Enzymes Related to Diabetes and Hyperlipidemia and Protection of Liver-Kidney Functions by Trigonelline in Diabetic Rats. Khaled Hamden, Kais Mnafgui, Zahra Amri, Ahmed Aloulou, and Abdelfattah Elfeki.

Liver Enzymes and Risk of Ischemic Heart Disease and Type 2 Diabetes Mellitus: A Mendelian Randomization Study. Junxi Liu, Shiu Lun Au Yeung, Shi Lin, Gabriel M. Leung, and C. Mary Schooling.

A Double-Blind Clinical Study to Investigate the Effects of a Fungal Protease Enzyme System on Metabolic, Hepato-renal, and Cardiovascular Parameters Following 30 Days of Supplementation in Active, Healthy Men. Mark L. Anderson.

An open label study to determine the effects of an oral proteolytic enzyme system on whey protein concentrate metabolism in healthy males. Julius Oben, Shil C Kothari and Mark L Anderson.

Liver Enzymes: Potential Cardiovascular Risk Markers? Lioudaki, Eirini; S. Ganotakis, Emmanuel; P. Mikhailidis, Dimitri

Engineering a lysosomal enzyme with a derivative of receptor-binding domain of apoE enables delivery across the blood-brain barrier. Wang D, El-Amouri SS, Dai M.

Liver Enzymes and Bone Mineral Density in the General Population. Lutz Philipp Breitling

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