



# BioDigest

## Supports Healthy Digestion

- Broad-spectrum digestive formula designed to enhance carbohydrate, protein, and lipid absorption
- Provides a clinical dose of HCl and a complex of betaine and L-glutamic acid to restore optimal gastric pH in less than 10 minutes
- Provides pancreatic enzymes containing protease, amylase, and lipase for broad-spectrum macronutrient digestion
- Contains pepsin A that acts as a principal protease and key signal for optimal digestion
- Ox bile promotes effective lipid and protein digestion, and targets metabolic function and intestinal flora composition

**Code:** 9502, 9504  
**NPN:** 80074759  
**Size:** 90,180 Capsules  
**Actual Size:** 22.51 mm x 8.32 mm



### PRODUCT SUMMARY

BioDigest provides a comprehensive formula designed to enhance the digestion and absorption of carbohydrates, proteins, lipids, and micronutrients. A decline in acid production is associated with several conditions along with the normal aging process. This decline may impair the absorption of a variety of micronutrients (including zinc, iron, and vitamin B12) and contribute to bacterial overgrowth in the intestinal tract. The use of hydrochloric acid complexed with betaine and glutamic acid has been shown to normalize gastric pH among participants with impaired acid production, achieving a pH of less than 3 in under 10 minutes, and lasting over 70 minutes. This effectively improves the absorption of substances dependent upon low gastric pH.

BioDigest also provides pancreatic enzymes designed to restore normal digestion to patients with impaired exocrine pancreatic function, with protease, amylase, and lipase activity for digestion of all macronutrients. The inclusion of ox bile not only promotes efficient lipid absorption, but bile acids have recently been shown to enhance the proteolysis of dietary protein as well. Additionally, bile acids upregulate brown adipose tissue activity, have antimicrobial activity in the small intestine, and have systemic metabolic and endocrine effects previously unrecognized, influencing thyroid function, metabolism, and glucose and lipid homeostasis. Finally, pepsin A is the principal gastric proteolytic enzyme, and its actions indirectly stimulate prodigestive functions by triggering gastrin and CCK release.



**BIODIGEST**  
SUPPORTS HEALTHY DIGESTION

**Serving Size:** 1 Capsule

**Servings Per Container:** 90 (9504); 180 (9502)

**Each Capsule Contains:**

Betaine HCL .....	240 mg
L-Glutamic Acid HCL .....	240 mg
Pancreatic Enzymes 11x* ( <i>Sus scrofa</i> ) (pancreas) .....	70 mg
Protease.....	19,250 USP
Amylase .....	19,250 USP
Lipase .....	1,540 USP
Ox Bile ( <i>Bos taurus</i> ) .....	40 mg
Pepsin A ( <i>Sus scrofa</i> ) (stomach) .....	35 mg (350,000 FCC PU)

USP (United States Pharmacopeia), FCC (Food Chemical Codex), PU (Papain Unit).

\*11 times more concentrated than USP standard.

**Non-medicinal Ingredients:** Gelatin capsule (gelatin, purified water), microcrystalline cellulose, vegetable grade magnesium stearate (lubricant), silica.

**Recommended Adult Dose:** 1 capsule 4 times per day with or immediately before food, a few hours before or after taking other medications, or as directed by a health care practitioner. Consult a health care practitioner for use beyond 7 days. Use the smallest effective dose that controls your symptoms.

**Recommended Use:** Helps support digestion. Digestive aid. Digestive enzymes.

**Caution:** Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner prior to use if you have faecal impaction or symptoms such as abdominal pain, nausea, vomiting, or fever, if you have a peptic ulcer, excess stomach acid, high cholesterol, diabetes, pancreatitis, pancreatic exocrine insufficiency, cystic fibrosis, gastrointestinal lesions/ulcers, if you are taking blood thinners or anti-inflammatory agents, are having surgery, or are taking thiazide diuretics, corticosteroids, licorice root, or other medications or health products that may aggravate electrolyte imbalance. Do not use if you are pregnant or breastfeeding, are sensitive to pancreatic enzymes or pork proteins, have gallstones, bile duct obstruction, abnormal constrictions of the gastrointestinal tract, potential or existing intestinal blockage, atonic bowel, appendicitis, inflammatory colon disease such as Crohn's disease or ulcerative colitis, abdominal pain of unknown origin, undiagnosed rectal bleeding, severe dehydration with depleted water or electrolytes, or diarrhea. Laxative effect may occur. Stop use and consult a health care practitioner if hypersensitivity/allergy, nausea, vomiting, abdominal pain, epigastric pain, cramps, spasms, diarrhea, and/or heartburn occur. Keep out of reach of children.

**Drug Interactions:** Avoid use with H2-antagonists and proton pump inhibitors, such as cimetidine and lansoprazole.

**Contains no artificial colours, preservatives, or sweeteners; no dairy, sugar, wheat, gluten, yeast, soy, egg, fish, shellfish, salt, tree nuts, or GMOs.** Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

References available at [bioclinicnaturals.com](http://bioclinicnaturals.com)



· GUARANTEED ·

Bioclinic Naturals® products are manufactured to meet or exceed current Good Manufacturing Practices (cGMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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# BioDigest – Supports Healthy Digestion

## About BioDigest

- BioDigest is a comprehensive digestive aid designed to assist with the breakdown of fats, proteins, and carbohydrates.
- It provides a clinically proven form of hydrochloric acid (HCl). Several clinical conditions, as well as the aging process itself, are associated with decreased production of HCl by cells in the stomach.<sup>1,2</sup>
- HCl is needed for the proper digestion and absorption of various nutrients. Reduced acid production may lead to any of several deficiencies that may result in anemia, including vitamin B12, zinc, and iron. It may also contribute to the overgrowth of bacteria in the small intestine.<sup>3</sup>
- The form of HCl used in BioDigest has been shown to normalize the pH within the stomach in less than 10 minutes when given to people with impaired acid production. It has also been shown to increase the absorption of substances that depend on an acidic environment within the stomach.<sup>4,5</sup>
- BioDigest provides the enzymes produced by the pancreas to help digest all the macronutrients in food, including amylase, protease, and lipase, for the digestion of carbohydrates, protein, and fats, respectively.
- BioDigest also contains two additional ingredients to optimize digestion and metabolic function. These include pepsin A, which not only is the primary enzyme needed to digest protein, but also stimulates other digestive processes, including the release of compounds (gastrin and cholecystokinin) that stimulate the release of HCl and pancreatic enzymes to help digest food.<sup>6</sup>
- Additionally, BioDigest includes bile acids, which have multiple actions related to both digestion and metabolism. Bile acids help with the digestion and absorption of protein and fats.<sup>7-11</sup>

## How to Use BioDigest

- Take 1 capsule 4 times per day with food, a few hours before or after taking other medications, or as directed by a health care practitioner. Consult a health care practitioner for use beyond 7 days.

## Cautions and Contraindications

- Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner prior to use if you have faecal impaction or symptoms such as abdominal pain, nausea, vomiting or fever, if you have a peptic ulcer, excess stomach acid, high cholesterol, diabetes, pancreatitis, pancreatic exocrine insufficiency, cystic fibrosis, gastrointestinal lesions/ulcers, if you are taking anticoagulant or anti-inflammatory agents, are having surgery, or are taking thiazide diuretics, corticosteroids, licorice root, or other medications or health products which may aggravate electrolyte imbalance. Do not use if you are pregnant or

breastfeeding, are sensitive to pancreatic enzymes or pork proteins, have gallstones, bile duct obstruction, abnormal constrictions of the gastrointestinal tract, potential or existing intestinal blockage, atonic bowel, appendicitis, inflammatory colon disease such as Crohn’s disease or ulcerative colitis, abdominal pain of unknown origin, undiagnosed rectal bleeding, severe dehydration with depleted water or electrolytes, or diarrhea. Laxative effect may occur. Stop use and consult a health care practitioner if hypersensitivity/allergy, nausea, vomiting, abdominal pain, epigastric pain, cramps, spasms, diarrhea, and/or heartburn occur. Keep out of reach of children.

## Drug Interactions

- Avoid use with H2-antagonists and proton pump inhibitors, such as cimetidine and lansoprazole.

## Quick Tips for Optimal Health

- An often overlooked but simple method to improve digestion is to chew food more thoroughly for a longer period of time. In one analysis, a wide variation in the amount of time spent chewing (and the size of food particles swallowed) was observed and found to be related to differences in both digestion as well as gut microbiota composition.<sup>12</sup>
- Additionally, practising “mindful eating,” which means providing your full attention to a meal while eating, may help slow your food intake and allow time to improve digestion.<sup>13</sup>
- Another contributor to impaired digestion may be stress and anxiety. Many connections have been documented between the “gut-brain” axis.
- A prolonged reliance on acid-blocking medication increases the risk of nutrient deficiencies, such as vitamin B12, and also of infections.<sup>14</sup>
- Low stomach acid has been associated with food allergies. Without the acid needed to fully digest proteins, larger pieces of these proteins may be absorbed, promoting allergic sensitization to these foods.<sup>15</sup>
- Getting regular exercise has been associated with reduced gastrointestinal symptoms. For example, in one randomized trial, people with functional dyspepsia (GI symptoms with no obvious cause) had a significant improvement in their symptoms after beginning a moderate aerobic exercise program for 30 minutes per day, five days a week, for six weeks.<sup>16</sup>

PATIENT NAME: \_\_\_\_\_

### PRACTITIONER NOTES:

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### PRACTITIONER CONTACT INFORMATION:

## References

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