

Natures Aid: Digestive Health

Factors Affecting Digestive Health

- We are more stressed due to modern lifestyles.
- We eat our food at a rapid rate, often on the go.
- We consume vast quantities of processed meats, refined grains plus ultra-pasteurised and difficult to digest dairy products.
- The foods we consume tend to be devoid of enzymes and create an acid environment in the intestines leading to infection, yeast overgrowth and a weakened immune system.
- We destroy many of the enzymes in our food by cooking and as a consequence our bodies have to provide all the enzymes to break the food down.

Factors Affecting Digestive Health

- We consume far too many foods that are frozen, dried, irradiated, loaded with preservatives, colours and flavours and covered in pesticides.
- Beneficial bacteria and digestive enzyme levels decline with age and also as a consequence of using certain prescription medications such as antibiotics.
- Travelling abroad often upsets the digestive system and can lead to what is commonly referred to as traveller's tummy.



Enzymes and Good Bugs

- Enzymes and probiotic bacteria “the friendly ones” both play an essential role in maintaining our health because virtually every biochemical activity that takes place within the body and digestive process require their presence.
- Life as we know it could not exist without the action of enzymes even in the presence of sufficient water, vitamins, minerals and amino acids.
- Enzymes act as catalysts in life processes accelerating reactions to the speed required to maintain life.
- When the enzyme levels are low reactions are slowed down to such a degree that the body begins to suffer.

Enzymes and Good Bugs

- The human digestive system also contains billions of live intestinal bacteria, balanced between the good and potentially harmful strains.
- The favourable bacteria help to alter the balance of the intestinal microflora in a positive way, inhibiting the growth of harmful bacteria, promoting good digestion, boosting immune function and increasing resistance to infection.
- Research has shown that as we age, the body's ability to produce enzymes naturally declines.
- The process of digestion is certainly no exception to this with many of us finding it more difficult to effectively digest our food as we age.

Enzymes and Good Bugs

- It has been said that a 10% reduction in our digestive enzymes can be seen every decade beginning at the age of 20, so that by the time we reach 50 nearly 1/3rd is lost and we find it increasingly difficult to digest the food we once had no issues with.
- To support the body as levels decline many people find that supplementing with a digestive enzyme complex can really help them to avoid that uncomfortable feeling of fullness and upper abdominal discomfort.

Enzymes and Good Bugs

- The probiotics protect the digestive enzymes, help the production of the essential B vitamins and protect the digestive tract from the effects of harmful bacteria.
- In our bodies there are twenty times more bacteria than there are human cells, and we all contain more bacteria in our bodies than there have ever been people on the planet.
- There are at least 400 different species of microflora in our gastrointestinal tract.
- A healthy gut typically contains as much as 4lbs of bacteria of which 85% are the well-publicised lactobacilli.

Acidophilus Complex

What Is It Good For?

1. After using antibiotics
2. Digestion
3. Antimicrobial
4. Circulation
5. Detox

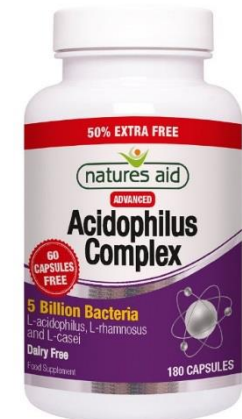
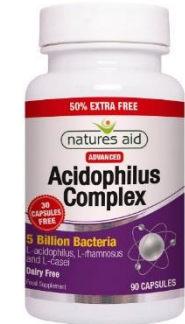
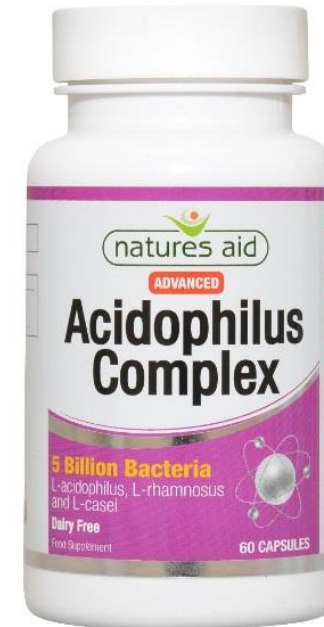
How Does It Help?

- These produce compounds such as lactic acid, helping to maintain a healthy digestive system by increasing the acidity and inhibiting the reproduction of many harmful bacteria.

Acidophilus Complex

Why buy Natures Aid?

- Contains Lactobacilli Culture typically providing 5 billion live organisms of L. acidophilus, L. rhamnosus and L. Casei.
- Suitable for vegetarians and vegans
- Dairy free.



Digestive Enzyme Complex

What Is It Good For?

1. Indigestion and improvement of digestive function.
2. Allergies and candida.
3. Improved vitamin and mineral absorption.

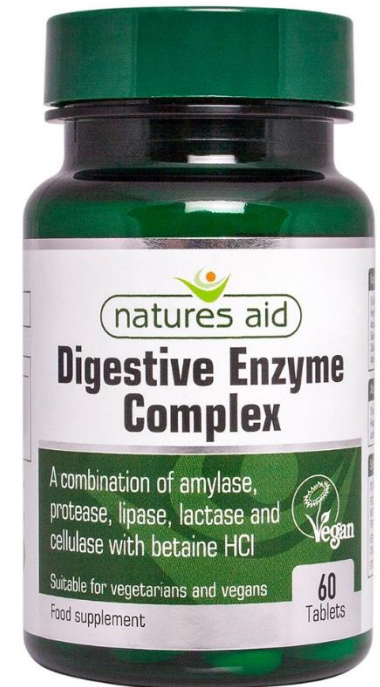
How Does It Help?

- Contains amylase for breakdown of carbohydrates, starches and sugars, lipase for fat breakdown, protease for protein breakdown, cellulase for cellulose breakdown, lactase for lactose (milk sugar) breakdown and betaine hydrochloride to provide the optimum level of stomach acid.

Digestive Enzyme Complex

Why buy Natures Aid?

- Unlike the Natures Aid product most digestive enzymes do not provide lactase even though dairy intolerance is a common complaint.
- Suitable for vegetarians.



Probiotic Complex

What Is It Good For?

1. Digestive Health.
2. After Using Antibiotics.

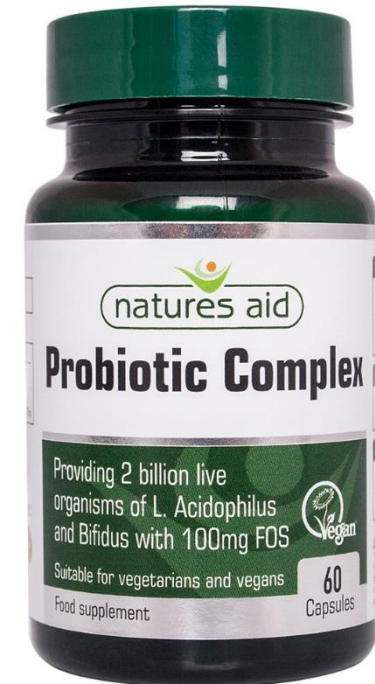
How Does It Help?

- Contains Lactobacillus acidophilus and Bifidobacterium bifidus, two of the most important members of a healthy digestive tract. Also contains prebiotic fructo oligo-saccharides (FOS), which help promote the growth and multiplication of the friendly bacteria.
- The elderly, in particular, are a group who have insufficient bifidobacteria present in their digestive system.

Probiotic Complex

Why buy Natures Aid?

- Each capsule typically provides 2 billion live organisms (at end of shelf life) of two of the most beneficial strains, lactobacillus acidophilus and bifidobacterium bifidum.
- Also contains 100mg of the important prebiotic fructo oligo-saccharides (FOS).
- Vegetarian capsule.



Pro30 Max

What Is It Good For?

1. Digestive Health.
2. Antibiotic Support.
3. Immune Health.
4. Circulation

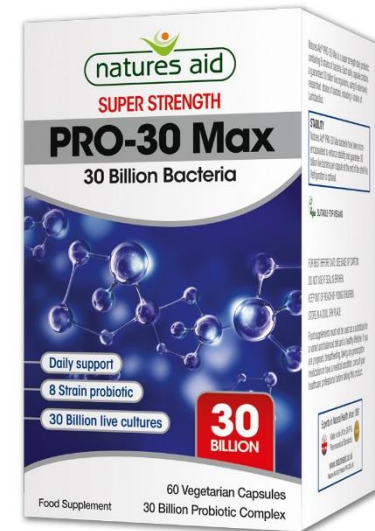
How Does It Help?

- Contains Lactobacillus acidophilus and Bifidobacterium bifidus, two of the most important members of a healthy digestive tract plus L. reuteri, L. caseii and L. plantarum, B. lactis and B. longum and Streptococcus thermophilus.

Pro30 Max

Why buy Natures Aid?

- Each capsule typically provides 30 billion live organisms the 8 beneficial strains.
- Capsule suitable for vegans and vegetarians.
- Attractively packaged in a box.



Co-Enzyme Q10 (Co-Q-10)

What Is It Good For?

1. Cardiovascular disease and blood pressure.
2. Support for statin users.
3. Energy booster.
4. Parkinson's Disease.
5. Gum disease.

How Does It Help?

- Plays an important role in a process called the “electron transport chain”. This process occurs within an area in the cell known as the mitochondria and is the method by which the body produces energy.



Co-Enzyme Q10 (Co-Q-10)

Why buy Natures Aid?

- Plant sourced material fermented to produce Co-Q-
- Available in 30mg and 100mg strength.
- In a base of oil to ensure optimal absorption of this nutrient.
- Sunflower oil has been used so we can guarantee it is GM free.



Ubiquinol 50mg

What Is It Good For?

1. Cardiovascular disease and blood pressure.
2. Support for statin users.
3. Energy booster.
4. Parkinson's Disease.
5. Gum disease.

How Does It Help?

- Plays an important role in a process called the “electron transport chain”. This process occurs within an area in the cell known as the mitochondria and is the method by which the body produces energy.



Ubiquinol 50mg

Why buy Natures Aid?

- Plant sourced material fermented to produce Co-Q-10. Available in 50mg.
- In a base of oil to ensure optimal absorption of this fat-soluble nutrient.
- Patented manufacturing process by Kaneka protecting this unstable antioxidant form of the nutrient.

