

Everyone knows the importance of good nutrition and the role supplementation plays in better health and wellness.

However, so many products today make so many claims that you need to exercise your mind before you make the right choices for your body.

# you decide!

## Beta-Zyme or antacid?

**A**ntacids and digestive aids are a multi-billion dollar market, and nearly every adult reaches, on occasion, for some type of antacid to relieve indigestion. However, most of these products do not address the cause of indigestion, they only treat the symptoms. Informed consumers will choose a digestive aid that supports “pro-digestion” and not a product that simply attacks the symptoms.

As we age, or when we overeat, our bodies do not produce enough digestive enzymes to fully digest protein, fats and carbohydrates. The symptoms of incomplete digestion, in both the stomach and intestine, are bloating, gas and general discomfort. To alleviate these problems, you want to choose a product that contains ingredients that supports complete

digestion of your food.

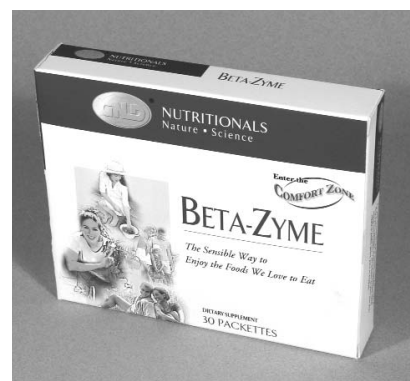
A proper digestive aid supplements the body’s natural production of protein, fat and carbohydrate-digesting enzymes. Your body digests the foods you eat best when there are sufficient enzymes available for these vital processes. Look for a product that contains *amylases* for carbohydrates, *proteases* for protein and *lipases* for fat digestion.

You need a supplement that promotes optimal digestion in the stomach *and* the intestine. Food is digested along the entire path of the digestive tract, and a comprehensive digestive aid will provide support through the entire process.

For many, it’s important for a digestive supplement to contain *lactase*, to help digest lactose, milk sugar.

When it comes to what you want from a supplement to support optimal digestion, ask yourself if you want something that simply masks the symptoms or a product that attacks the cause.

### You Decide!



Features and Benefits:	GNLD's Beta-Zyme	Rolaids	Tums	Gaviscon	Mylanta	Pepcid
Specifically formulated for “pro-digestion”	YES!	no	no	no	no	no
Supplements stomach's natural acid production	YES!	no	no	no	no	no
Intestine targeted to support complete digestion	YES!	no	no	no	no	no
Stomach targeted to support complete digestion	YES!	no	no	no	no	no
Contains natural-source digestive enzymes	YES!	no	no	no	no	no
Supports digestion of protein and carbohydrates	YES!	no	no	no	no	no
Contains <i>lactase</i> to support digestion of lactose	YES!	no	no	no	no	no
Targeted Delivery Technology to protect enzymes from acidic environment of the stomach	YES!	no	no	no	no	no
Percentage of “yes” answers	<b>100%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>	<b>0%</b>