

M - E - C

Multi-Enzyme Complex

Code: 106
Package Size: 90 capsules
Suggested Use: 1-3 capsules before meals as a dietary supplement.

Improves digestion for all types of diets *Newest Enzyme Technology - Biologically Active*

What is M-E-C?

M-E-C is a new product that improves the body's ability to digest carbohydrates, protein, fat, and cellulose. M-E-C will be particularly valuable to weight lifters and other athletes who engage in the nutritional practice known as "carbo loading." The proven value of this practice will be made even more effective by this new supplement's digestive abilities.

Within seconds of ingestion, M-E-C begins splitting the links that hold carbohydrates (starch molecules) together.

All enzymes are not the same!!

Many enzymes taken to aid digestion, such as pepsin, trypsin, and pancreatin, are derived from animal sources. They have a very narrow window of viability in terms of pH conditions, working in either just the small intestine or the stomach. When the pH level gets too high or low, the enzymes are deactivated. Consequently, when people take these enzymes, many are not getting the expected nutritional help.

Naturally derived non-animal enzymes, however, have a much wider range of pH adaptability working throughout the digestive system. Hence, no enteric coating is needed. This means that people taking M-E-C are getting the full benefits they expect. These enzymes are well suited for the human body to digest and easy to absorb. More effective enzymes mean better digestion, more nutritional value from the foods eaten, decreased incidence of digestion-related diseases, and a strong immune system.

Why is M-E-C so effective?

M-E-C is not processed with synthetic or caustic chemicals and contains no additives of any kind. It contains no animal, dairy, or soy products, making it suitable for most special diets, from vegetarians and vegans, to chemical sensitive, and soy and dairy allergic individuals.

How can you tell it is working? One of the ways is in what you do not experience -- no indigestion, no bloating, no stomach gas, no heartburn or flatulence caused by incomplete digestion of carbohydrates.

Who needs M-E-C?

In the past few years, public knowledge of food related health conditions has grown by leaps and bounds. It follows naturally that the next trend will be getting the most nutritional value out of what they are eating. The USDA has issued new dietary guidelines recommending at least 40% of the daily diet be made up of carbohydrates, increasing the ability to get the most of whatever carbohydrates are eaten will be important to the educated consumer.

- ◆ Second-generation plant enzymes are already in biologically active form and do not require additional activators.
- ◆ Comprehensive formula gives you all essential enzymes in one convenient dosage.
- ◆ Dual-action proteases work in acid and alkaline environments of the entire digestive tract, not just in the small intestine.
- ◆ Premium high-esterase lipase aids significantly in the optimum digestion of fats. Poor fat digestion is implicated in a host of gastrointestinal complaints.
- ◆ Amyloglucosidase and invertase enzymes assist the efficient handling of legumes and other troublesome vegetables.

Ingredients

| | |
|-----------------------------------|---------------|
| Alpha amylase | 2,720 SKB* |
| Amyloglucosidase | 17.6 AG* |
| Acid-stable protease | .272 APU* |
| Semi-alkaline protease | 8,800 HUT* |
| High-esterase lipase | 1,800 LU* |
| Exo- and Endo-Cellulase | 4,320 C, ase* |
| Invertase | .400 Sumner* |
| Acid-stable lactase | .500 LacU* |

* Daily value not established

Other ingredients

pure plant fiber
gelatin
maltodextrin
magnesium stearate
and silica.

Questions frequently asked

(Q) What are enzymes?

(A) Enzymes are healthful, protein-like molecules with catalytic activity essential to life. There are three classes of enzymes: metabolic enzymes, which run our bodies; digestive enzymes, which break down our food to make it available for the body to use; and food enzymes, which occur naturally in food and also help to break it down.

(Q) What do digestive enzymes do?

(A) They have three main functions: digesting carbohydrates (amylases), digesting proteins (proteases), and digesting fats (lipases). When uncooked, food enzymes naturally assist the enzymes produced by our bodies for digestion.

(Q) Why do we need supplemental digestive enzymes?

(A) 1. Because most of our food is cooked. "Prolonged heat over 118 degrees F. destroys enzymes; cooking temperatures destroy 100% of the enzymes in food. What is left is enzymeless food that makes up the bulk of the modern enzyme deficient diet... the glands and major organs, including the brain, suffer most from the unnatural digestive drain on the metabolic enzyme potential."

*Enzyme Nutrition, Dr. Edward Howell
(Avery Publishing Group)*

Some medical researchers, such as Dr. Howell, cite enzyme deficiency as a significant cause of premature aging and degenerative diseases. This is attributed to metabolic stress and organic imbalance caused by lack of enzymes. On a lesser scale, poorly digested or incompletely digested food can block nutrient absorption and produce toxic by-products. Minor discomforts, such as gas, bloating, headache, nausea, intestinal cramps, and diarrhea, commonly result from internally produced toxins.

2. Because some people simply do not produce enough enzymes for effective digestion. This condition tends to become more common and increases with age as the body makes less enzymes of its own.
3. Enzymes play an important role in the immune system. The human body, however, rates digestion as a higher priority than immunity. Therefore, modern enzyme deficient diets weaken the immune system.

Special Notice

"For•Mor makes no representation or warranty, expressed or implied, including warranties of fitness for a particular purpose and of merchantability of this product, except as indicated on its label."

If you are not fully satisfied with the results after using M-E-C, your full purchase price will be refunded by the distributor you purchased it from.

"This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease."