

Digestible Definitions for Enzymes & Probiotics

With foods full of sugars, preservatives, pesticides, herbicides, artificial sweeteners, colors, and flavors, our digestive systems are often pushed to their limits. Sugars often promote the growth of yeasts and bad bacteria, which can often overwhelm the gut, crowding out beneficial bacteria, and produce intestinal gas and bloating. This affects the balance of the gut microflora as well as the effectiveness of our endogenous digestive enzymes. That's why it's important to reinforce your body's troops with digestive and systemic enzymes as well as pre- and probiotics.



Enzymes are biological catalysts, meaning they speed up chemical reactions in the body.

Digestive Enzymes are enzymes the body uses to digest your food. They include carbohydrases, proteases, and lipases.

Proteases are enzymes which break down proteins into smaller pieces to be more easily digested by the body.

Carbohydrases are enzymes which break down complex carbohydrates into simple sugars so the body can absorb them more quickly and easily.

Systemic Enzymes are those that operate beyond digestion, throughout systems of the body such as cardiovascular and inflammatory response.

Lipases are enzymes which break down fats so they are more easily absorbed by the body.

Probiotics are bacteria that are often referred to as "good", "friendly" or "beneficial" bacteria.

Microbiome is the entire genetic make-up of the bacteria, fungi and viruses present in the human body.

CFUs, or colony-forming units, is the unit of measure for probiotics, and is used to estimate the number of live bacteria present.

Probiotic Spores a diverse group of very hardy bacteria, characterized by their ability to form endospores to protect themselves in varying conditions such as high temperatures and the acidic environment of the gut.

LAB stands for Lactic Acid Bacteria, which produce lactic acid as the end product of carbohydrate fermentation. They are non-sporulating and are a common probiotic.

Gut Microflora includes the entire population of bacteria, fungi and viruses present in the gastrointestinal system

Prebiotics are non-digestible food ingredients, which promote the growth of beneficial bacteria in the intestines.

To learn more about how Deerland Enzymes and Probiotics can help you develop your perfect dietary supplement, visit deerlandenzymes.com

