



Which Enzyme is Right for You?

In order to determine which enzyme is right for you, first we need to determine which kinds of foods you are having trouble digesting. Mark the boxes under the foods that produce the following symptoms for you, then try out the corresponding enzyme(s). If the issues are not resolved, then try avoiding those foods for a while, then slowly reintroduce them back into your diet in small quantities.

	PLANTS	PROTEINS	HIGH FAT FOODS
Gas			
Bloating			
Belching			
Heaviness			
Heartburn/ Indigestion			
Stomach Pain			
Diarrhea			
Constipation			
Nausea			
TOTAL			
	Proactazyme*	Protease Plus*	Hi-Lipase*
GENERAL DIGESTION:	Food Enzymes, Papaya Mints, Digestive Bitters, Safflowers*		

***NOTE:** The enzyme names listed are Nature’s Sunshine Product. This is a quality line of products, and it is the line of herbs and supplements that I am most familiar with; however, substitutes can be incorporated instead. Visit www.naturessunshine.com to view product labels, then find a product that contains the same ingredients if you prefer another product line.



Remove the guesswork about which herbs and the correct dosage for you with a ZYTO Biocommunication scan!

Contact me to schedule an appointment: 970-203-9540

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Which Enzyme is Right for You?—FREE List
New Vitality, LLC