The Digestive Enzyme supplement supplies enzymes to help you digest your meals more efficiently and alleviate the sense of fullness after a large meal or bloating associated with digestion. Now with added artichoke extract, this unique formula also helps provide relief from occasional digestive issues.

**The Benefits of Digestive Enzyme**

Our body naturally produces enzymes to digest the foods we eat, but certain factors, including age or food sensitivities, may reduce our ability to digest foods efficiently. This can lead to stomach upset. Eating large meals can also cause mild indigestion.

Although eating a varied, healthy diet usually provides us with some enzymes to supplement those naturally made by the body, many of us don’t eat the way we should. And without a sufficient amount of functioning enzymes in our body, good digestive health may be impaired, which can lead to indigestion as well as a reduction in the amount of nutrients we are able to absorb from our foods.

USANA’s Digestive Enzyme is a digestive aid that supplies supplemental enzymes to help break down the foods we eat so the body receives the nutrients it needs to function properly. The added artichoke extract further helps support healthy digestion.

**The Science of Digestive Enzyme**

Enzymes play an important role in human health. Many researchers over the last century have maintained the need for enzymes to break down the foods we eat so the body receives the nutrients it needs to function properly. The added artichoke extract further helps support healthy digestion.

**Recommended Use: Digestive Aid.**

**Recommended Adult Dose:** Take one tablet three times a day with your main meals, or as directed by a health care practitioner.

**Recommended For: Adults.**

**Precautions:** If you are pregnant or breastfeeding, you have an allergy to latex or any of the ingredients, please consult a physician prior to use. Do not use if you are taking anticoagulants, have a bile duct obstruction, or have known adverse reactions to any enzyme.

**In Conjunction With: Digestive Enzyme, Mucus-Min Plus, and Lactase.**

**Drug Interactions:**

- **Anticoagulants:** Use with caution.
- **Histamine:** Use with caution.
- **Low Blood Pressure:** Use with caution.
- **Prostaglandin Agonists:** Use with caution.
- **Steroids:** Use with caution.

**Side Effects:**

- **Allergic Reactions:** Rarely reported.
- **Gastrointestinal:** Rarely reported.

**Dosage:**

- **Children:** Use under the care of a healthcare professional.
- **Adults:** Use as directed.

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**References:****


**Artichoke extract has been used in herbal medicine to help digestive disturbances, such as dyspepsia.**

**The Usana Difference**

Supplementing with Digestive Enzyme can increase enzyme levels for optimal digestive efficiency. It is designed to support more complete digestion and absorption of macronutrients. The addition of artichoke extract makes USANA’s formula unique in the supplement industry.