

Essentialzyme

- Helps break down starches, proteins & fats
- Slower acting & should be taken before meals.
- Can aid liver function due to its ability to break down really tough fats that can cause the liver to be overworked.
- Typically taken in the AM and used more as a daily support because it supports the pancreas.
- Bi-layer tablet

Essentialzymes-4

- Helps break down proteins, fats, carbs & fiber
- Fast acting & can be taken with meals
- Great for high protein meals because it contains many protein digesting enzymes
- 2 capsule format. 1 fast acting (white) & 1 delay release (yellow) so it can work on the lower digestive tract
- Great for meat eaters because meat tends to sit low in the digestive tract

Allerzyme

- Was created to help the digestive system of those who are more prone to food sensitivities
- Can be used for relief of occasional symptoms of bloating, gas, pain/cramping that occurs after eating
- Is vegetarian & contains lactase to help digest dairy products
- Taken in-between meals or in the morning

Kidscents Mightyzyme

- Specifically designed for children & their growing digestive system
- Contains enzymes that help breakdown proteins, peptides, cellulose (sugar we aren't able to digest), fats & lactase
- Relieves occasional symptoms of fullness, bloating, intestinal discomfort
- Convenient chewable tablet (orange cream & mixed berry flavor)

Detoxzyme

- Combines powerful enzymes that aid In complete digestion, help detoxification & promotes cleansing
- Fast acting capsule & can be taken with meals
- Is vegetarian & contains lactase to help digest dairy products

Digest & Cleanse

- While not an enzyme, still important for cleansing & supporting the digestive tract
- Taken 30-60 minutes before a meal
- Contains essential oils in a gel capsule to help soothe the gastrointestinal system & aid In digestion

Standard Dosages: For each meal (Adults: 2-4; Children 1-2; babies 1/4 to 1/2)

Information taken from EODR

Choices: The first (**bold**) enzyme listed is usually the first choice In combination with any others as desired

Key: **Essentialzyme** (caplet), **E-4 Yellow** - proteins, carbohydrates, sugars & starches; **E-4 White** - for fats

Start your Morning: **Essentialzyme** (Adults 2-4; Children 1-2, Mightyzyme 1-3; Babies 1/4 to 1/2)

Essentialzyme is an overall enzyme that supports the pancreas, which produces glucose the body needs throughout the day for energy

General Food Categories:

Carbohydrates, fruits, vegetables - **E-4 yellow**, Detoxzyme, Allerzyme, Mightyzyme

Fats - **E-4 white**, **E-4 yellow**, Essentialzyme, Mightyzyme

Protein of any kind - **E-4 yellow**, Detoxzyme, Mightyzyme

Sugars/Starches - **E-4 yellow**, Allerzyme, Essentialzyme, Mightyzyme

Specific Foods:

Eggs, Meat, Fish - **E-4 yellow**, Essentialzyme, Detoxzyme, Mightyzyme

Grains, Oatmeal, Wheat Toast - **E-4 yellow**, Allerzyme, Detoxzyme, Mightyzyme

Meat with pasta, salad, cheese - **E-4 yellow**, Essentialzyme, Allerzyme

Meat with salad, bread, dessert - **E-4 yellow**, Detoxzyme

Milk, Yogurt, Kefir - **E-4 white**, Allerzyme, Mightyzyme

Pasta, Cheese, Bread - **Essentialzyme**, E-4 yellow, Detoxzyme

Rice, Vegetables, Fruit - **Allerzyme**, E-4 yellow, Mightyzyme

Salad (no meat), Vegetables - **E-4 yellow**, Allerzyme, Detoxzyme, Mightyzyme

Sweets (ice cream, frozen Rice Dream, cookies, cake, candy bars, granola bars, apple pie, etc) - **E-4 yellow**, Allerzyme, Detoxzyme

Carbohydrate Categories:

Carbohydrates (simple: refined sugars, fruits) - **Allerzyme**, Detoxzyme, E-4 yellow, Mightyzyme

Carbohydrates (complex: vegetables, fruits, grains, beans, rice, bread, some milk products) - **E-4 yellow**, Allerzyme, Essentialzyme, E-4 white

Bedtime: **Detoxzyme:** 5-15 as desired; **Mightyzyme** 3-4

YOUNG LIVING ENZYME INFORMATION CHART