



ENZYME RESEARCH GROUP

When Should You Take Your Oral Digestive Enzymes?

Oral digestive enzymes are used as supplements to help digest food, and alleviate the metabolic burden on an inefficient digestive system. Recent studies have indicated that about 47% of the population suffers from hypochlorhydria (reduced output of hydrochloric acid) in the stomach. Without that acid production, protein digestion is impaired, and the pancreas does not get the proper stimulus to secrete the endogenous enzymes needed to further the digestion of the proteins, lipids, and carbohydrates. Furthermore, factors such as aging, increased oxidative stress, and other conditions have been linked to insufficient pancreatic secretions. Thus, the use of oral supplemental enzymes that have high hydrolytic activity, and that can sustain some of the acidity of the gastric environment, is a preventative health measure to provide proper nutrients to the body.

However, in order for these enzymes to provide the benefits during the digestion process, they need to be taken when their activity will be physiologically compatible with what is occurring within the digestive process.

Oral enzymes when taken at the beginning of the meal have higher effectiveness in digesting the food molecules. This is due to the fact that the acid in the stomach is not overwhelming, as of yet, and there is less interference with acid hydrolysis of the stomach. However, as the acid builds up, the more acid-resistant oral enzymes will persist and continue their hydrolytic activity. This hydrolysis of the food by the oral enzymes will reduce the amount of large peptides, starch, and lipids to be digested, further distally by the endogenous pancreatic enzymes.

Although additional oral enzymes could be taken at the end of the meal, it is suggested that the rate of efficiency will be different. Towards the end of the meal, more acidity has built up, reducing the hydrolytic capability of some of the oral enzymes that are susceptible to Ph's lower than 2.

In conclusion, for complete assimilation, it is recommended that oral digestive enzymes be taken at the beginning of the meal, halfway during the meal, and at the end of the meal. But if that protocol is not followed, it is recommended that the oral enzymes be taken at the beginning of the meal.

Abstract from "The White Paper" by Dr. M. Mamadou

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