

## Enzymes with Ox Bile and HCL

Impaired motility, imbalance in gut flora, nutrient deficiency, yeast, mold and other microbes often lead to old stool and biofilm sticking to the gut wall in the small intestine (which starts right under the stomach). Enzymes can help clear out the upper GI tract. The capsules can be opened and mixed with liquid or a small amount of food (room temperature or colder). Give the enzymes at least 30 minutes before a meal or 90 minutes after a meal. The goal is for the enzymes to break-up the old stool and biofilm, not the food during a meal. If enzymes are given right before or after a meal, it is safe but will digest the food you or your child are eating which is why it is important to try to give AWAY FROM MEALS.

### OPTIONS:

- **Thorne Advanced Digestive Enzymes**
  - <https://www.thorne.com/products/dp/bio-gest-reg-60-s>
- **NFH Digestive Enzymes**
  - <https://nfh.ca/product/digestive-enzymes-sap/>
- **New Roots:**
  - <https://newrootsherbal.com/product/id/0224>
- **Now Brand:**
  - <https://www.nowfoods.com/products/supplements/super-enzymes-capsules>