



**Nutritional support for digestive comfort and efficiency,  
and food breakdown and metabolism**

## APPLICATIONS / BENEFITS

- Promotes favorable digestive environment
- Optimizes digestive ease and efficiency
- Encourages metabolism of dietary proteins
- Supports optimal absorption of nutrients

## OVERVIEW

**Patient One Digest-Plex** helps to promote a favorable environment for digestive comfort and efficiency with restorative hydrochloric acid combined with enzymatic support nutrients. Digest-Plex is formulated around a core of betaine hydrochloride, which helps to optimize the stomach's hydrochloric acid to ideal levels for complete digestion of food. Papaya-derived papain is included to supply enzymatic support for the metabolism of proteins, while bromelain and pepsin promote digestion of proteins, carbohydrates and fats. Patient One Digest-Plex helps patients enjoy digestive ease and comfort, soothing away complaints of digestive distress, sour stomach and gas. By supporting the metabolism of all foods, Digest-Plex helps to enhance nutrient absorption and promote overall digestive health and wellness.

## KEY INGREDIENTS

### **Betaine HCL:**

Hydrochloric acid (HCL), an important gastric secretion, enables the body to break down proteins, activate important enzymes and protect against bacterial overgrowth in the gut. Achlorhydria (the complete absence of stomach acid) and hypochlorhydria (low stomach acid) are common but often overlooked digestive problems. Symptoms of low stomach acid include heartburn, indigestion and bloating, among others.

Numerous studies have shown that hydrochloric acid secretion declines with advancing age. Supplementation with HCL is a natural way to combat the negative effects associated with little to no stomach acid.

Betaine HCL is a digestive aid comprised of beet-derived betaine bound to hydrochloric acid. Betaine HCL lowers stomach pH, creating a favorable environment for digestive enzymes to begin food metabolism and promote ideal nutrient absorption. HCL also aids in the absorption and assimilation of vitamins and minerals such as folic

acid, ascorbic acid, beta-carotene and iron by increasing their bioavailability and effecting their release from food.

### **Papain:**

Papain, an enzyme found in green papaya, has been used in traditional medicine for thousands of years. It has the ability to break down larger proteins into smaller proteins or peptides, or even into the smallest amino-acid subunit by cleaving bonds in the protein chain in a broad pH range. Papain is also responsible for the breakdown of toxic elements in food, which gives it a marked ability to enhance the total digestive process and increase the nutrient absorption of protein-based foods. Papain has been known to help ease symptoms often experienced by those suffering from digestive disorders and is a beneficial addition to any diet.

### **Bromelain:**

Bromelain, a proteolytic enzyme found in pineapple, has been researched since the late 1800s and has been found to be very effective in digesting proteins, especially those found in tough meats. Bromelain has the unique ability to assist the body's own digestive mechanisms in reducing very large, complex protein molecules into smaller peptide units or individual amino acids. These smaller components are crucial for the body's production of muscle, neurotransmitters, and other protein-based molecules that the body produces. Bromelain has been associated with a reduction in bloating, gas, indigestion and other unfavorable symptoms often associated with poor digestion.

### **Pepsin:**

Pepsin is the chief digestive enzyme that is naturally produced by the body. Its zymogen, pepsinogen, is released by peptic cells in the stomach which reduce proteins into peptides. Pepsin is one of three protein-degrading, or proteolytic enzymes, in the digestive system belonging to the aspartate protease family. During the process of digestion, pepsin works with chymotrypsin and trypsin to sever links between specific

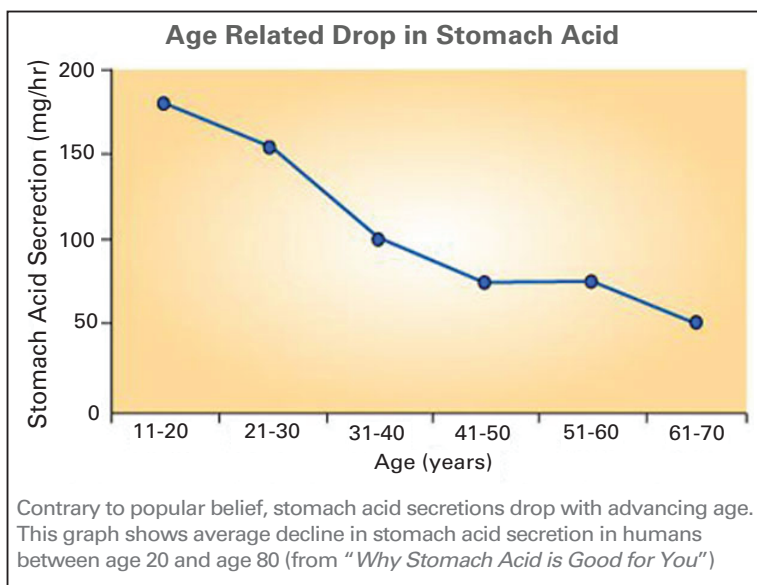
types of amino acids to break down dietary proteins into their components, peptides and amino acids, which can then be absorbed by the intestinal lining.

## RESEARCH

- Numerous studies have shown that hydrochloric acid secretion declines with age. One study performed by US researchers found that over 30% of men and women over the age of 60 suffer from atrophic gastritis, a condition marked by little or no acid secretion.<sup>1</sup> Another study of an elderly population found the overall prevalence of atrophic gastritis in those older than 60 years to also be approximately 30%.<sup>2</sup> A decrease in acid secretion as a consequence of chronic atrophic gastritis leads to two problems that are particularly prominent in the elderly population: small intestinal bacterial overgrowth (SIBO) and malabsorption. A study examined the prevalence of SIBO using hydrogen breath test and found the prevalence in elderly was 15.6% compared to 5.9% found in younger age groups.<sup>3</sup>

- Younger population also experiences poor digestion and GI discomfort. A total of 25% of the general population is said to experience heartburn at least once per month. Proton pump inhibitors (PPIs) are among the top 10 most commonly prescribed drugs in the world for the treatment and management of gastroesophageal reflux and peptic ulcers. They are widely prescribed and available over the counter for a range of gastrointestinal (GI) conditions from heartburn to gastritis, often with little or no medical testing. They were first thought to have few side effects.

- New evidence reveals that extended use of PPIs resulted in a decrease in absorption of some key vitamins and minerals, gut dysbiosis, rebound stomach acid hypersecretion, increased reflux-like symptoms, and hypergastrinemia.<sup>4</sup>



## REFERENCES

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## Supplement Facts

**Serving Size:** 1 Capsule

### Amount Per Serving

Betaine (as Hydrochloride)	500 mg*
Papain 2000 USP units/mg ( <i>Carrica papaya</i> ) (fruit)	50 mg*
Bromelain (from pineapple) (2400 gelatin digestive units per gram)	25 mg*
Pepsin 1:10,000	40 mg*

\* Daily Value not established

**Other Ingredients:** vegetable cellulose (capsule), leucine, rice flour

**Free of:** milk, egg, fish, peanuts, crustacean shellfish, soy, tree nuts, wheat, yeast and gluten. Free of ingredients derived from GMOs.

**Suggested Use:** Take 1 capsule at the beginning of afternoon and evening meals as a dietary supplement or as directed by your health practitioner. May take up to 6 capsules daily as needed. Store in a cool, dry place.

**Caution:** Discontinue use immediately if a burning sensation occurs. Not recommended for people with ulcers or a history of ulcers. If you are pregnant, nursing, or taking any medications, consult your health practitioner before use. Discontinue use and consult your health practitioner if any adverse reactions occur. **Keep out of reach of children.**

Vegetarian

Gluten Free

Non-GMO

Vegetable Caps

The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

(631) 390-9669 info@patientoneformulas.com patientoneformulas.com

415 Oser Avenue, Suite Q1, Hauppauge, NY 11788

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