

# Enzyme Deficiency Test



Circle the appropriate letter in each section

## QUESTION 1

Where do you carry your weight?

- A Gain evenly
- L Lower Body (hips and legs)
- P Upper Body (stomach)

## QUESTION 2

In which category is your favourite food?

- A Carbohydrates (Vegetables, Breads, Pastas, & Sweets)
- L Rich, Spicy foods
- P Proteins (meat)
- C Dairy

## QUESTION 3

Which food(s) most likely produce symptoms of poor digestion (i.e., occasional indigestion, gas, bloating)? If no foods bother you, don't circle any letter.

- A Carbohydrates (Vegetables, Breads, Pastas, & Sweets)
- L Rich, Spicy foods
- P Proteins (meat)
- C Dairy

## QUESTION 4

Circle the appropriate letter next to any issue you may have, or have had.

- A Occasional wind and bloating
- A Occasional diarrhea
- A Hormonal imbalances
- A Gluten intolerance
- L Difficulty losing weight
- L Dry skin
- L Gallbladder stress
- L Occasional constipation
- P Uncomfortable yeast
- P Lowered immune function
- P Fatigue
- P Occasional Heartburn



## DEFICIENCY RESULTS

Record the letter you circled in sections 1, 2 and 3. For section 4, record the letter circled the most times.

\_ QUESTION 1 \_ QUESTION 2 \_ QUESTION 3 \_ QUESTION 4



**3 or more of one letter** suggests you have a dominant enzyme deficiency.



**2 of one letter and 2 of another letter** suggests you have two enzyme deficiencies.



**A different letter in each section** suggests you have a Combination Deficiency.



## SOLUTIONS



### A = AMYLASE

Breads, pastas or desserts are most likely your favourite foods, although they may be taxing for your body to digest. Amylase is a family of enzymes that is responsible for breaking down sugars, carbohydrates and fibre.

**OPTIMAL DIET:** Include protein in your first meal of the day. Focus on whole grains, vegetables and protein based snacks. If you are vegetarian, emphasise nuts, seeds, soy and beans to get the protein you need. Reduce white flour, white rice and white sugar and include whole, unrefined grains along with fruit and natural sweeteners like agave and stevia to help satisfy your sweet tooth. As you move towards a less refined, more whole foods diet you will crave sweets less and less.

**High Amylase formulas include:**  
Digest Complete • Digest Gold



### L = LIPASE

Strongly flavoured, spicy, smoked or rich, fatty foods may be difficult for your body to process. Lipase enzymes breaks down fats or lipids. Enzymes are vital to healthy digestion as well as many other processes in the body.

**OPTIMAL DIET:** A simple diet of raw fruits, vegetables and whole grains may have a soothing effect on your system and may help you naturally shed excess pounds. Dairy and nuts provide healthy fats and, enjoyed sparingly, may satisfy your craving for rich foods. Avoid pork and smoked meats, but enjoy protein sources such as chicken, turkey, fish, soy and eggs once or twice daily.

**High Lipase formulas include:**  
Digest Complete • Digest Gold



### P = PROTEASE

You often crave protein as a main source of nourishment. Protease is the enzyme that helps break down protein from the foods we consume. Our bodies also produce proteases that are vital for maintaining a healthy immune system.

**OPTIMAL DIET:** Small portions from lean sources—fish, chicken and turkey. Increase fresh fruits, vegetables and whole grains. Include at least one green leafy salad as the main portion of a meal every day.

**High Protease formulas include:**  
Digest • Digest Gold • GlutenEase



### C = COMBINATION-ENZYME

People with a combination enzyme deficiency have difficulty digesting fibre, protein, fats and carbohydrates. Because a combination deficiency is so complex, there may be continual stress on the colon and the immune system may not function at its full capacity.

**OPTIMAL DIET:** Be sure to incorporate small amounts of protein with every meal to fuel your energy levels. Vegetables may be more digestible for you if they are lightly steamed. Phase out processed foods like white flour, sugar and pre-packaged meals.

**Combination formulas include:**  
Digest Spectrum • Lacto • GlutenEase

GlutenEase and GlutenEase Extra Strength are not intended to replace a gluten-free diet for those with Celiac disease

Dietary recommendations are provided by the enzyme experts of Enzymedica and are not intended to be perceived as medical advice.