

# Similase

## Digestive System Support

In order for foods and nutrients to be properly utilised by the body they first have to be broken down by enzymes in the digestive tract. Some people have a lack, or a reduction, of these enzymes and therefore the food they eat is not properly broken down, which can lead to typical gastrointestinal disturbances.

Problems associated with poor digestion include:

- **Bloating**
- **Excess gas**
- **Poor bowel regularity**

To make matters worse our dietary habits seem to be deteriorating rapidly. We eat out more and more; we eat later and often eat on the go or at our desks. These changes in our eating habits over the last few years have had an adverse effect on our digestive systems.

Similase is a digestive support product derived from plant enzymes. It contains a broad spectrum of digestive enzymes to help you digest your food properly.

- **Amylase** - supports carbohydrate digestion
- **Protease** - supports protein digestion
- **Sucrase** - supports sucrose digestion
- **Lactase** - supports milk sugar digestion
- **Lipase** - supports fat digestion
- **Maltase** - supports malt sugar digestion
- **Cellulase** - supports fibre digestion
- **Phytase** - supports fibre digestion

Thousands of people use Similase successfully every day to support digestive insufficiencies. For maximum benefit, take 1-2 Similase capsules at the onset of each meal and feel the difference!



### So why take Similase?

Disordered or incomplete digestion can be a major contributor to the development of numerous health problems. Chronic digestive problems can lead to the development of sensitivities, as well as an imbalance of gut flora and the build up of toxins. Improper digestion may also lead to a reduced absorption of essential nutrients.

Similase is a plant enzyme formula which can help in optimising nutrient digestion by aiding the enzymes produced in the gastrointestinal (GI) tract to carry out their function more efficiently. It is important that a plant enzyme formula maintains stability in a wide range of environments, as the GI tract has a varying pH - from the acidity in the stomach through to the alkalinity in the small intestine. Similase contains enzymes which operate across a wide spectrum of pH values - from an acid pH of 1.0 through to an alkaline 12.0. This provides balanced assistance for the digestion of proteins, fats, and carbohydrates.

Similase contains a wide array of enzymes as it is not only the protease, lipase and amylase that are needed for effective digestion. Similase also provides maltase, sucrase and lactase to support the breakdown of common dietary disaccharides, and phytase and cellulase to help digest cellulose and phytates that can bind essential minerals and other nutrients, preventing their absorption.

### How does Similase work?

### When should I take Similase?

Similase works best when taken just before a meal, although some people prefer to take it whilst already eating. Whether you are a very sensitive individual or you just have the occasional heavy meal, a digestive formula which is as gentle as Similase can be extremely reassuring.

**Important Note:** Similase is not intended for use by patients with gastric or duodenal ulcers, or with active gastritis.

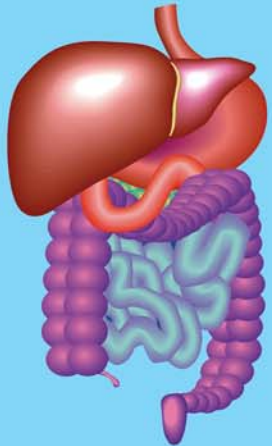


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# About Similase

**Digestive problems – reaching epidemic levels!**

Never before have we seen so many people with so many digestive problems. We only need to consider the popularity of television programmes such as Gillian McKeith's "You Are What



You Eat" and "The Diet Doctors" to realise that everyone is talking about digestive health, not just healthcare practitioners.

**Similase addresses the root cause of the problem, not just the symptoms**

Unlike many other products that are supposed to support digestion, Similase has been designed to support the natural function of the body by providing the raw materials to help break food down properly, thereby supporting optimal absorption of nutrients and promoting gastrointestinal health.

## Benefits of a Plant-Based Enzyme Formula:

- Aids the breakdown of proteins, carbohydrates, fats, fibres and sugars.
- Active across a wide range of pH conditions - from pH1 to pH12.
- Digestive enzymes help support the optimal absorption of nutrients by helping to break down food in the stomach before its contents are passed into the intestines.
- Helps to break down potentially antigenic constituents such as wheat and milk proteins.
- Maintains stability in the acid environment of the stomach, unlike animal-derived pancreatic enzymes.
- Well-tolerated by sensitive individuals.



## The 2-Minute Similase Challenge

**Witness Immediate Results with Nutri's Similase**

***When will I see results?** This is not usually a question that is easy to answer but with Similase you can demonstrate exactly how quickly it works even before you have taken it.*

***We strongly recommend that you see the power of Similase for yourself, and try this simple 2-minute test.** Make up a small portion of porridge in a bowl, break two capsules and stir in the contents. Wait literally just a few seconds and what you will see is nothing short of amazing. As you stir, within seconds the glutinous mass of porridge will transform into a light, watery liquid.*

**Here's what practitioners say about Similase:**

"I have not had a single incident with any patients who have not responded well to Similase. I am particularly in favour of its unique blend of digestive enzymes including protease, amylase and lipase, to name just a few. Considering that many people in this country have poor dietary habits, I would strongly recommend Similase to anyone to improve their digestive function".  
Dr Frederick Lee, Beyond Medicine  
(Alternative Healing Centre), Doncaster

"I have been regularly recommending Similase to many of my patients that have had prolonged stomach (GI) complaints and the outcome of this has, in many cases, been nothing less than extraordinary. What really amazes me about Similase is the speed of the results. In fact most of my patients report significant and substantial improvement by their second visit".  
Peter Sadler, Natural Medicine Centre,  
Derbyshire

"Similase is a product I regularly use in my practice. Compared to most other brands I find Similase to be the most effective digestive enzyme formula. I confidently use this product to aid many types of digestive discomfort, even for those who have sensitive digestive systems."  
Eva Escofet, Nutritionist, Carshalton, Surrey

"I recommend Similase as my first choice product to almost all my patients who require digestive support. The results indicate that it's an excellent product. Also, as it is plant-based, I can confidently suggest it for nearly everyone".  
Shabir A G Pandor, Dental Surgeon,  
Harley Street, London.

