

1. What are the key benefits of taking GI-Zyme?

Through a powerful blend of broad-spectrum digestive enzymes and natural botanical ingredients, combined to target an array of problematic foods, this product is designed to both help improve digestion and the absorption of nutrients from food, while reducing typical discomfort that can be caused by normal eating.*

2. What makes GI-Zyme unique?

Unlike most enzyme supplements, GI-Zyme capsules offer a blend of enzymes with different pH levels designed to support the breakdown of many types of foods, all throughout the different stages of digestion. As a result, GI-Zyme supports a more complete digestion in order to help with maximum nutrient absorption.*

3. Who is the GI-Zyme supplement ideal for?

If you want support digesting food, you may benefit from using GI-Zyme. GI-Zyme supplements natural digestive enzyme levels due to normal aging, diet or other digestive needs for support.* GI-Zyme supports the optimal breakdown of food and allows for maximum nutrient absorption.

4. What are enzymes and why are they important?

Enzymes are both proteins and biological catalysts that set off chemical reactions in the body. The specific enzymes in GI-Zyme can help break down complex molecules, such as proteins, fats, fibers, vegetables and lactose and carbohydrates.

5. How is GI-Zyme different from GI-ProBalance® and GI-Defense™?

- Mannatech's GI-Zyme capsules contain enzymes that help to break down fats, proteins and carbohydrates more efficiently so they can be more easily digested.*
- Mannatech's GI-ProBalance slimsticks are a probiotic and prebiotic supplement formulated to contribute to a balance of natural healthy gut flora, which in turn supports healthy digestion and natural immune function.*
- Mannatech's GI-Defense capsules contain an exclusive Glycobiome and Butyrate Production Support Blend that has been scientifically shown to help strengthen the gut barrier and help support the normal digestive function regarding "leaky gut".*
- These proprietary formulations provide safe, natural and effective support for the gut barrier and promote the health of the intestinal flora which is important to many aspects of health.*

Together these three products work together to promote microbiome health by helping to strengthen the gut lining, promote balance of healthy gut flora and help improve digestion, which in turn supports optimal digestive, cognitive and immune function.*

6. What is the benefit to having a formula with 8 different enzymes?

We included enzymes to help digest nearly every type of food. In addition, we include enzymes to address different stages throughout the digestion process. This allows for more complete digestion of food allowing your body to absorb more nutrients and maximize the benefits you will get from the foods you eat.*

7. What are amylase, lactase, alpha galactosidase, invertase, bromelain, protease, lipase, and cellulase, and why are they important?

- **Amylase** is an enzyme that breaks down starch.
- **Lactase** is an enzyme that breaks down lactose.
- **Alpha-galactosidase** and **invertase** are enzymes that breaks down carbohydrates.
- **Bromelain** and **protease** are enzymes that breaks down proteins
- **Lipase** is an enzyme that breaks down fat.
- **Cellulase** is an enzyme that breaks down cellulose found in vegetables.

The enzymes in GI-Zyme capsules are formulated to help support normal, healthy digestion.*

8. Why would I want to take all three products?

Modern medicine is just beginning to understand the implications of the unhealthy stressors that target the body's sensitive digestive system. Scientific research is finding that poor nutrition, alcohol, smoking, certain medications, and other unhealthy habits lead to a poor environment for essential microbes found in our body.

To properly support the complex digestive system, it takes a comprehensive three step approach that supports a strong, healthy microbial environment.

- GI-Zyme provides an array of beneficial enzymes that allow the nutrients ingested to be utilized and absorbed into the body.*
- GI-ProBalance offers a blend of probiotics to help increase the number of good bacteria within the digestive tract, and prebiotics to feed and nurture the probiotics for longer lasting health benefits.*
- GI-Defense is formulated to soothe the intestinal wall by promoting an environment that encourages the body to help repair itself through supporting butyrate production.* Butyrate is a beneficial short chain fatty acid that acts as a soothing internal balm to promote a healthy gut environment, allowing for healthy microbes to flourish.*

9. Can children take GI-Zyme?

As with any product, Mannatech recommends that GI-Zyme be used only as directed. Young adults to adults should take one capsule twice daily before a meal. Please speak with your qualified healthcare provider prior to use for children.

10. How often should I take GI-Zyme?

With today's ever changing lifestyle many people are only eating two main meals daily. Mannatech has increased the key digestive enzymes by at least twice as much as the original formula, in order to recommend only 2 capsules daily rather than 3 capsules of the original. Adults may take 1-2 capsules before each large meal, up to three meals per day. Do not exceed 6 capsules daily.

11. When is it best to take GI-Zyme?

You can benefit from taking GI-Zyme any time of the day, but for optimal results, we recommend taking just before a meal.*

12. Why are Glyconutrients† important for a digestive enzyme supplement?

Glyconutrients contain prebiotic fibers, which are important for supporting the life and growth of probiotics. Together prebiotics, probiotics and digestive enzymes are all necessary to support healthy digestion and maximum nutrient absorption.*

13. Why was ginger root chosen for the GI-Zyme formula?

Ginger is a superfood loaded with nutrients and bioactive compounds. It can provide powerful benefits that have been shown to ease normal digestive discomfort.*

14. Why was peppermint leaf chosen for the GI-Zyme?

An aromatic herb native to Europe and Asia known for beneficial digestive health.*

15. What are some of the features GI-Zyme offers?

Our formula is free of MSG, preservatives, soy, dairy, artificial flavors and sweeteners. It is low glycemic, vegetarian, vegan, keto and low carb friendly.

†Glyconutrients are beneficial saccharides found in nature.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.