

Digestion and Children

More than 70 million Americans suffer from digestive disorders. Many of those sufferers are children. A study by the University of Utah School of Medicine and Primary Children's Medical Center analyzed the number of children hospitalized for of digestive disorders in 1997 in the United States. They found that there were 329,825 pediatric discharges associated with a principal gastro-intestinal disorder, accounting for more than 2.6 billion US dollars in hospital charges and more than 1.1 million hospital days (1). Many more children are affected by a more common malady – food allergies. Of the more than 11 million Americans suffering from food allergies, 6-8% of those are children (2).

Because of their unique ability to aid in human digestion, plant derived enzymes may be the key to overcoming these huge statistics. Plant enzymes possess unusually high stability and activity throughout a broad PH range, whereas animal pancreatic enzymes are susceptible to being destroyed by gastric acid and pepsin (3). Studies show that plant enzymes can aid in poor digestion, food allergies, bloating, constipation, diarrhea, lactose intolerance, leaky gut, and many other digestive disorders.

Fit4Kids™ Whole Food Nutrition Program contains a complete blend of the necessary plant enzymes, minerals, and probiotics to maximize digestion and aid in nutrient assimilation:

Amylase I and II – act on carbohydrates (sugars, starches, glycogen, and other polysaccharides).

Protease I, II, Peptidase, and Bromelain – act on proteins, peptides, and reduce inflammation.

Lipase – breaks down fats and improves fat utilization in the body.

Cellulase – acts on indigestible fibers in plants.

HemiSeb – a complex of hemicellulases that specifically act on the starches in raw foods.

Lactase – aids those with lactose intolerance by breaking down lactose (milk sugars).

Maltase – acts on carbohydrates such as maltose and other starches.

Invertase - breaks sucrose (table sugar) down to glucose.

Probiotics (acidophilus etc.) – probiotics produce enzymes and other essential nutrients.

1 J Pediatr. 2004 May;144(5):589-94.

2 J Sch Nurs. 2004 Oct;20(5):268-78.

3 Schneider et al. Hepato-gastroenterol 1985;32:97-102.