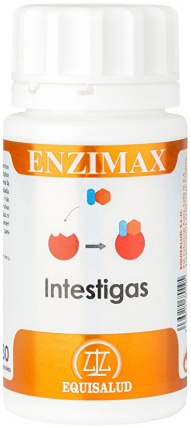
Enzimax Intestigas 30 Cap

EAN: 8436612680095 **FABRICANTE:** EQUISALUD



Enzimax Intestigas is a food supplement from Laboratorios Equisalud that helps reduce fermentation processes by preventing gas production.

DESCRIPTION

What is Enzimax Intestigas and what is it for?

It is a food supplement formulated with the enzyme alpha-galactosidase, fennel and ginger, which serves to prevent gas production.

What are the benefits of Enzimax Intestigas?

Enzimax Intestigas is a food supplement that **helps improve digestion and gases** .

These are its benefits:

- Helps reduce gases and promote digestion.
- Helps relieve the feeling of swelling and discomfort.
- Collaborates in the digestion of complex sugars.

What is the composition of Enzimax Intestigas?

- Ginger (Zingiber offcinale Rosc.) 200 mg/cap.
- Fennel (Foeniculum vulgare Mill.) 100 mg/cap.
- Alpha-galactosidase enzyme 50 mg/cap (500 Gal U).

ALPHA-GALACTOSIDASE

People who suffer from gas and bloating should avoid, as much as possible, foods that can produce gas such as: legumes, vegetables from the cruciferous family (cabbage, cauliflower, broccoli, etc.) and vegetables. onions. In addition, they should also avoid carbonated drinks, chewing gum, swallowing air or eating food too quickly. Although the body naturally produces alpha-galactosidase, some people do not produce it in sufficient quantities and, therefore, need dietary supplements to compensate for this deficiency. This enzyme is essential for the digestion of complex sugars, such as glycolipids and

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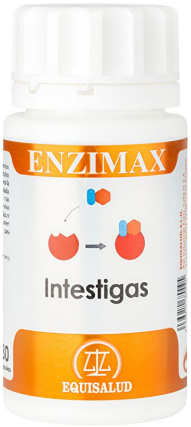

glycoproteins, present in some vegetables, such as cruciferous vegetables, and legumes. These sugars are difficult to break down and, in case of poor or lack of digestion, intestinal bacteria produce large amounts of CO2 and hydrogen. Alpha-galactosidase, present in Enzimax Intestigas, is derived from the fungus Aspergillus niger and is responsible for the hydrolysis of polysaccharides and oligosaccharides, such as raffinose, stachinose or melibiose. These are typically found in legumes and cruciferous vegetables. These sugars are not digested in the small intestine, but rather reach the large intestine, where they are fermented due to the action of the bacterial flora, producing gases that cause bloating, pain and discomfort. The partial breakdown of these polysaccharides can create an environment conducive to the proliferation of Candida or other fungal infections. Additionally, poorly digested sugars can accumulate in muscles, cardiac chambers, blood vessels or nervous tissue. Alpha-galactosidase may also be an auxiliary support in Fabry disease, a genetic condition that results in deficient production of alpha-galactosidase, which negatively affects the kidneys and heart.

FENNEL (FOENICULUM VULGARE)

Fennel (Foeniculum vulgare) is a medicinal plant widely used in traditional medicine due to its beneficial properties to improve symptoms related to gas and digestion. It belongs to the Apiaceae family and is commonly found in Mediterranean regions and some parts of Asia. Fennel contains several active components, such as essential oils, flavonoids and phenolic compounds, which give it its medicinal properties. Research in animal models suggests that fennel increases gastric acid secretion and the activity of digestive enzymes, which may promote digestion. It has been used as an effective carminative to relieve symptoms of intestinal gas. The essential oils present in fennel, such as anethole and fenchone, have antispasmodic properties that help relax the muscles of the gastrointestinal tract, thus reducing intestinal spasms and cramps. It appears to act as an antispasmodic by decreasing acetylcholine-induced contraction. In addition, it also stimulates the production of digestive enzymes, which promotes the digestion of food in the stomach and intestines, helping to reduce the accumulation of gases.

GINGER (ZINGIBER OFFICINALE)

Ginger is a herbaceous plant of the Zingiberaceae family. It has been used for centuries to relieve stomach and gastrointestinal ailments. Several research studies have demonstrated the gastroprotective effects of ginger in different experimental models. Preliminary research suggests that these effects could be due to increased levels of protective prostaglandins in the intestinal wall. In an animal model of ulcerative colitis, ginger extract was observed to improve the levels of inflammatory cytokines and potentiate antioxidant effects, suggesting that these mechanistic pathways may play an important role in its protective action. It has been identified that the active ingredients zingiberene and 6-gingerol could be the most relevant

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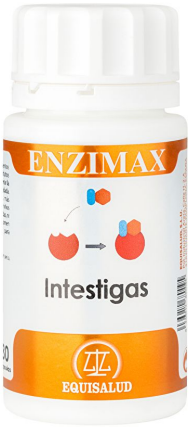

compounds in this sense. Specifically, 6-gingerol has been shown to inhibit the formation of HCl-induced gastric lesions, possibly through an interaction with the vanilloid receptor.

Additionally, it has been shown that some components of ginger affect intestinal motility. For example, 6-shogaol, administered orally, improved gastrointestinal motility and a ginger extract prevented delayed gastric emptying. In patients with functional dyspepsia, a single dose of ginger may also increase gastric emptying. First of all, ginger is known for its ability to relieve bloating and gas. This is because it contains active compounds such as gingerol and shogaol, which have carminative effects. That is, they help expel gas from the gastrointestinal tract, thus relieving the feeling of bloating and discomfort. Additionally, ginger also stimulates the production of digestive enzymes, which improves digestion and helps prevent gas buildup in the intestine. Ginger also has anti-inflammatory properties that can be beneficial for the digestive system. Inflammation is a common response of the body to irritations and injuries to the lining of the gastrointestinal tract. This can cause uncomfortable digestive symptoms such as gas. Ginger, with its anti-inflammatory action, can reduce inflammation in the gastrointestinal tract which, in turn, can relieve symptoms of gas and dyspepsia.

What is the recommended dose of Enzimax Intestigas?

HOW TO TAKE IT

Take 1 capsule a day, 15 minutes before a gas-producing meal.

Does Enzimax Intestigas have contraindications?

Not recommended for children under 12 years of age and pregnant women, nor for people with diabetes or taking ?-galactosidase inhibitors, nor for people with galactosemia.

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