

BACKGROUND INFORMATION

Ever since the publication of the Recommended Dietary Allowances in 1989, the National Institutes of Health has recommended a diet that is dominated by carbohydrates. However, as a result of the increased popularity of high protein diets, the importance of carbohydrates has recently come under scrutiny.

BioCore[®] Carbo has been specifically formulated to provide enzymes that optimize the proper assimilation of carbohydrates. It contains amylase, glucoamylase and malt diastase, which are necessary for the breakdown of starchy foods. BioCore[®] Carbo is also formulated with invertase for the proper digestion of sugar. The activities of various enzymes in BioCore[®] Carbo are listed below.

Supplement Facts	
Serving size: 43 mg	
Amount per serving	% DV
BioCore [®] Carbo	43 mg
Amylase (from <i>Aspergillus oryzae</i>)	3,526 DU *
Glucoamylase (from <i>Aspergillus niger</i>)	11.8 AGU *
Invertase (from <i>Saccharomyces cerevisiae</i>)	473 SU *
Malt diastase (from barley)	3,870 DP [®] *

*Daily Value not established

Table 1

BioCore[®] Carbo has a wide pH range with optimum activity at the postprandial pH of 5 (Figure 1). BioCore[®] Carbo is resistant to stomach acid and begins working immediately after ingestion with a meal, and continues to function throughout the gastrointestinal tract. See Figure 2.

BioCore[®] Carbo can be added to BioCore[®] Optimum for digestive enzyme products that are targeting vegetarian diets and diets that are high in complex carbohydrates such as those on a low calorie diet.

The information contained in this paper is intended for educational purposes only. It is neither to be used to market or advertise a product nor to make labeling claims. The FDA and FTC have strict regulations concerning how information can be used in promoting a dietary supplement, and it is recommended that adherence to these regulations be followed.

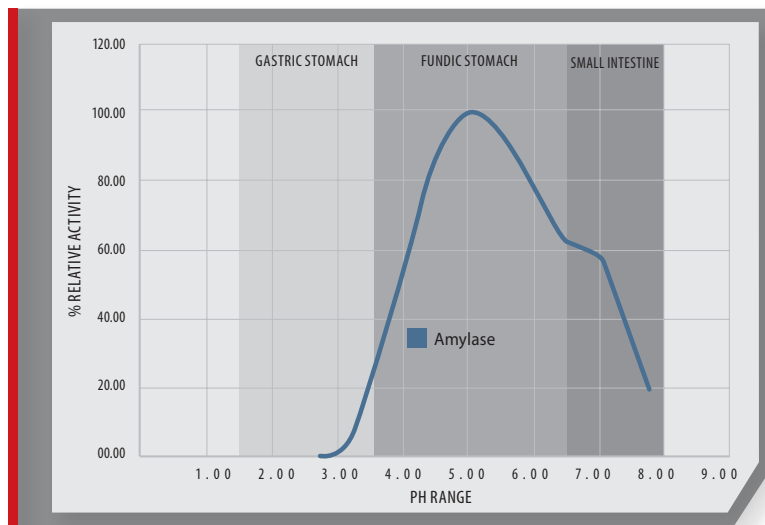


Figure 1

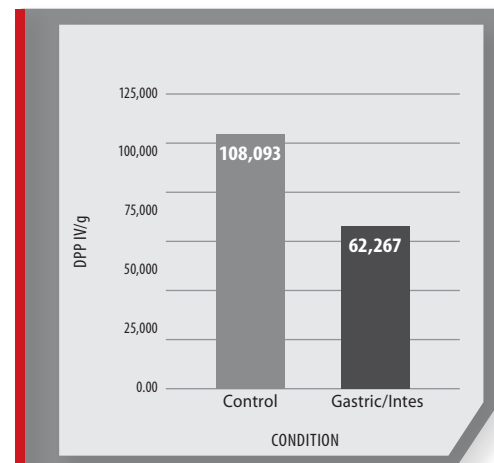


Figure 2