

The Complete Guide To Digestive Health Plain Answers About Ibs Constipation Diarrhea Heartburn Ulcers And

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~~The Complete Stomach Acid Guide for Optimal Digestion~~

Digestive enzymes can be used in two ways, according to Dr. Allison Siebecker, ND: With food: Take the enzymes at the start of a meal, so they can begin to digest the food right as you begin eating it. If needed, more enzymes can be taken mid-meal or at the end. Without food: When taken without food, digestive enzymes have an anti-inflammatory effect. They can even have an anti-biofilm effect when taken away from food.

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