

Strong Digestive Fire is Key
to Optimal Wellness.

Body Ecology® Assist™ Dairy & Protein
contains significant amounts of HCL, pepsin, and
protease enzymes to optimize digestion of animal
foods (meats, fish, poultry, eggs), dairy (lactose
and casein), nuts, seeds and legumes.*

Recommended usage: Take 2-3 capsules (or
as needed) immediately before or during a meal.

Dairy foods: Fermenting milk into kefir enhances
digestion since the milk sugar, lactose, is broken
down and consumed by the beneficial microflora.*

Additional Digestive Tips: Nuts, Seeds, and
Legumes: These ideally should be soaked before
eating to release their enzyme inhibitors.*

Manufactured for Body Ecology®
Los Angeles, CA 90036 • 800-511-2660

* 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.



body ecology®

Assist™ Dairy & Protein

- High Potency for Effective
Digestion of Lactose & Casein*

DIETARY SUPPLEMENT
90 VEGETARIAN CAPSULES

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 30

Amount Per Serving	%DV
Protease (Proprietary blend of Protease 4.5, 6.0, Neutral Bacterial)	67,500 HUT +
Lipase	11,250 FCC FIP +
Lactase	16,875 ALU +
HCl (betaine)	994.5 mg +
Pepsin (plant-based)	185.25 mg +

+ Daily Value not established.

Other Ingredients: Vegetarian capsule.
Contains no wheat, soy, artificial colors or flavors.
No animal products. No fillers or excipients.

GLUTEN FREE



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