



# Health Matters

by  
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The FDA has issued recent warnings about the use of over-the-counter antacids, which they say were never meant as a long-term solution for indigestion. Their review revealed that continual use of antacids can cause serious nutrient deficiencies such as iron and calcium, which will increase risk of anemia, osteoporosis, dizziness and persistent fatigue.

According to the National Heartburn Alliance, 25 million Americans experience chronic indigestion daily. When we're young, an adequate production of digestive enzymes helps us assimilate the nutrients in our food, but as we age, that changes.

Overindulgence, stressful lifestyles and aging can interfere with the production of enzymes, leaving us with undigested food that ferments in our digestive track, causing us gas, bloating, discomfort and diarrhea. A comprehensive supplement of **Digestive Enzymes** taken with each meal can improve digestion, helping you to avoid the detrimental consequences of antacid abuse.

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