



Optimal Digest



A revolutionary, multi-enzyme product plus herbs that helps your body break down proteins, carbohydrates, fats, fiber, dairy products and sugars. Helps to support the breakdown of foods, replenishes the body's enzymes lost from foods and supplements the body's natural supply of enzymes. Contains Arbonne's proprietary digestive herbal blend and enzymes that are from all-vegetarian sources, plus delayed release action to ensure enzyme viability.

Recommended For: Supporting digestion.

When to Use: Before meals.

Usage: Take one to two tablets 30 minutes before meals.

Nutrient

- Protease
- Amylase
- Lipase
- Cellulase
- Lactase
- Glucoamylase
- Invertase

Arbonne's Proprietary Digestive Herbal Blend

- Ginger
- Peppermint
- Chamomile
- Fennel

Source

- Protease
- Amylase
- Lipase
- Cellulase
- Lactase
- Glucoamylase
- Invertase

- ginger root
- peppermint leaf
- chamomile leaf
- fennel seed

1 tablets contain:

Nutrient	Amount	% Daily Value
Protease	10,000 HUT	*
Amylase	5,000 SKBU	*
Lipase	100 LU	*
Cellulase	200 CU	*
Lactase	300 LU	*
Glucoamylase	5 AG	*
Invertase	100 SU	*
Arbonne's Proprietary Digestive Herbal Blend	175 mg	
Ginger		*
Peppermint		*
Chamomile		*
Fennel		*

Herb Functions

Ginger - Helps with indigestion, gingerols soothe the intestines and aid digestion by increasing peristalsis. ¹

Peppermint - Used to treat indigestion, contains carminative essential oils, which help to relieve flatulence or gas. ²

Chamomile - Relieves many gastrointestinal complaints, including indigestion. ¹

Fennel - A stomach and intestinal remedy. ²

References:

1. The Green Pharmacy, J. Duke, Ph.D.
2. The New Holistic Herbal, Hoffmann, D.

*Daily Value not established