

AFTER MEALS DIGESTIVE SUPPORT

Food plays an important role in our lives. Mealtimes and snack times occur several times a day. Ideally, meals should be properly balanced, mindfully enjoyed and easily digested. However, not everyone is so lucky. Dyspepsia, the medical term for indigestion, can be caused by conditions like GERD (acid reflux or heartburn), peptic ulcers, gastroparesis, IBS, thyroid disorders, gallbladder disease and pregnancy.

Symptoms often include a burning or uncomfortable sensation in the upper abdomen, abdominal pain, bloating, frequent burping and passing gas, nausea and vomiting, an acidic taste in the mouth and growling of the stomach. Various forms of indigestion affect some of us all the time and all of us some of the time.

AFTERMEALS™: HELPFUL AFTER MEALS

Fortunately, there are natural alternatives to this prevalent problem. While drugs for indigestion are available, they often come along with undesirable side effects, most notably blocking the absorption of key nutrients and vitamins. **AfterMeals™** is a nutritional supplement from Advanced Nutrition by Zahler that supports healthy digestion with calcium and fruit-based enzymes.

The ingredients included in **AfterMeals™** may help the body neutralize acids and break down food efficiently throughout each stage of digestion.

AfterMeals™ is safe for children and adults, as well as during pregnancy and while breastfeeding.

THE AFTERMEALS™ FORMULA

AfterMeals™ has a powerful dose of elemental calcium and natural fruit-based enzymes.

Calcium is necessary for producing saliva, enzyme activity, the production of hormones involved in digestion, and metabolizing energy and fat.

Papaya fruit, as well as its proteolytic enzyme papain, are important aides in the digestive process, especially when meals contain large amounts of concentrated proteins.

Bromelain also helps with digesting proteins and other slower-to-digest nutrients as well as reduces damage to the lining of the intestines.

Indigestion can be uncomfortable and unpleasant, and excessive acid in the esophageal tract can sometimes cause damage if neglected. **AfterMeals™** combines a potent dose of elemental calcium with a powerful boost from papaya fruit enzymes to support digestion.

