

Study supports safety and efficacy of Sabinsa's DigeZyme multi-enzyme complex

By Stephen Daniells



The safety and efficacy of Sabinsa's proprietary blend of non-animal sourced enzymes for people with dyspepsia are supported by results of a new randomized, double-blind, placebo-controlled study.

Data published in the **Journal of Medicinal Food** indicated that 60 days of supplementation with DigeZyme led to significant improvements in the severity of illness, dyspepsia and GI symptoms, while no such improvements were observed in the placebo group at the end of study.

The study also reported that the DigeZyme was safe and well-tolerated during the trial with no reported adverse events.

"We're pleased to see additional research on our carefully designed digestive enzyme formula confirm health benefits that improve quality of life," said Dr Muhammed Majeed, founder and chairman of the Sami-Sabinsa Group and lead

author on the new paper. "Good digestion plays an important role in overall health and now we can clinically say that DigeZyme is part of that foundation."

Dyspepsia

Dyspepsia – more commonly known as indigestion – reportedly affects about 25% of Americans every year. According to the **National Institute of Diabetes and Digestion and Kidney Diseases**, of the people with indigestion who consult a doctor, almost 75% are diagnosed with functional dyspepsia.

Functional dyspepsia is referred to as "non-ulcer dyspepsia" that causes an upset stomach or pain or discomfort, bloating, early satiety, postprandial fullness, nausea, heartburn, regurgitation, and burping. It usually affects young adults, with women being affected more often than men.

The cause(s) of functional dyspepsia is not clear, but it could be associated with poor eating habits, diet influences, food allergies, westernized lifestyles, medication side effects, psychological factors or excessive acid secretion, all of which can lead to inflammation.

The new study examined if DigeZyme could impact functional dyspepsia (FD), with 40 people randomly assigned to receive either placebo or 50 mg per day of the multi-enzyme complex (MEC) for 60 days. The ingredient, which has been available globally for over 10 years, is composed of alpha-amylase, protease, cellulase, lactase, and lipase that digest carbohydrates, complex proteins, cellulosic fibers, lactose, and fats.

Results of the study showed significant improvements for the enzyme group for a range of measures, including epigastric pain and discomfort, postprandial distention, indigestion, heartburn, and nausea, fullness, early satiety, bloating, belching after meals, and vomiting.

"The present study provided clinical evidence supporting the safety and efficacy of MEC as a dietary supplement in the management of dyspeptic symptoms in patients with FD," wrote the authors. *"These findings support the use of digestive enzyme supplements, maybe as an adjuvant therapy."*

"However, further prospective, larger-scale trials with extended follow-up durations are warranted to establish underlying mechanism as well as a detailed assessment of therapeutic effects of digestive enzyme supplementation in managing dyspeptic symptoms in patients with FD."

Source: **Journal of Medicinal Food**

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"Evaluation of the Safety and Efficacy of a Multi-enzyme Complex in Patients with Functional Dyspepsia: A Randomized, Double-Blind, Placebo-Controlled Study"

Authors: M. Majeed, et al.



Sabinsa announces efficacy of its multi-enzyme product



A randomized, double-blind, placebo-controlled study published in the peer reviewed Journal of Medicinal Foods provided clinical evidence supporting the safety and efficacy of Sabinsa's multi-enzyme complex DigeZyme, a proprietary blend of non-animal sourced enzymes, in the management of dyspeptic symptoms in patients with functional dyspepsia.

Functional dyspepsia is referred to as “non-ulcer dyspepsia” that causes an upset stomach or pain or discomfort, bloating, early satiety, postprandial fullness, nausea, heartburn, regurgitation, and burping and usually affects young adults, with women being affected more often than men. Although the cause of functional dyspepsia is unclear, it could be associated with poor eating habits, diet influences, food allergies, westernized lifestyles, medication side effects, psychological factors or excessive acid secretion, all of which can lead to inflammation.

The safety and efficacy of DigeZyme was evaluated in a randomized, double-blind, placebo-controlled, parallel-group trial with 40 patients who were randomly assigned (1:1 ratio) to receive either DigeZyme (50 mg, TID; n = 20) or placebo (n = 20) for 60 days. Supplementation with DigeZyme to the patients suffering from functional dyspepsia demonstrated significant improvements in the severity of illness, dyspepsia and GI symptoms like epigastric pain and discomfort, postprandial distention, indigestion, heartburn, and nausea, fullness, early satiety, bloating, belching after meals, and vomiting, whereas the placebo group showed no such improvement at the end of study.

This study also reported that the DigeZyme was safe and well-tolerated during the trial with no reported Adverse Events, no clinically significant changes in vital signs, and no abnormal lab values (biochemistry and haematology), in patients who received the DigeZyme supplementation.

“We’re pleased to see additional research on our carefully designed digestive enzyme formula confirm health benefits that improve quality of life,” Dr. Muhammed Majeed, Founder & Chairman of the Sami-Sabinsa Group said. “Good digestion plays an important role in overall health and now we can clinically say that DigeZyme is part of that foundation.”

DigeZyme has been available worldwide for more than a decade as a powdered blend, in a combination of five digestive enzymes (α -amylase, protease, cellulase, lactase, and lipase) that help break down carbohydrates, complex proteins, cellulosic fibers, lactose, and fats.