

INTEGRATING  
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THE CENTER FOR  
**INTEGRATIVE  
MEDICINE**

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# GutCheck

***Your Tummy Will Thank You!***

## **WHAT IT IS:**

- A broad-spectrum blend of 18 plant-based digestive enzymes that reduce gas and bloating

## **WHY YOU NEED IT:**

- Covers every major food group — protein, fat, starch, fiber, dairy sugar and hard-to-digest plant carbohydrates
- Great for patients with bloating, gas, belching, heaviness or fullness after meals
- Helpful for adult patients whose natural enzyme output declines with age
- Contains Lactase for dairy sugar and Alpha-Galactosidase for beans, lentils and cruciferous vegetables
- Includes DPP-IV peptidase activity, which targets the stubborn peptides in gluten and casein
- Acid-stable proteases work across the full pH range of the stomach and small intestine
- Vegetarian formula & capsules — no animal-derived pancreatic enzymes

## **HOW IT HELPS:**

Digestion is an enzymatic process. Food is not broken down by willpower or by chewing alone — it is dismantled molecule by molecule by enzymes secreted from the mouth, stomach, pancreas and intestinal lining. When enzyme output falls short, undigested food moves into the lower intestine, where bacteria ferment it. That fermentation is what patients experience as gas, bloating, cramping and unpredictable bowel habits.

Gut Check 2.0 supplies eighteen distinct enzymes covering every macronutrient. Protease, Papain from papaya, Bromelain from pineapple, Peptidase and Acid Stable Protease break proteins down into absorbable amino acids. Lipase handles dietary fats. Amylase, Amyloglucosidase, Invertase and Phytase address starches and sugars. Cellulase, Beta-

Glucanase, Hemicellulase, Xylanase and Pectinase break down the plant fibers that endogenous human enzymes cannot pull apart on their own.

Two enzymes deserve particular mention. Alpha-Galactosidase digests the raffinose-family sugars in beans, lentils, broccoli, cabbage and Brussels sprouts — the specific carbohydrates responsible for the gas these otherwise healthy foods produce. Lactase digests the milk sugar that a large share of adults lose the ability to process after childhood.

The formula uses proteases active across a broad pH range, from the strong acid of the stomach through the alkaline environment of the small intestine, so digestion is supported from the first moments of a meal all the way through. Because the enzymes act on the food itself, they work best when taken as the meal begins rather than afterward.

**Dosage:**

Take two capsules at the start of each meal, or as directed. For larger or richer meals, a second dose may be taken mid-meal.