

Quick-Reference-Checklist

DIGESTIVE ENZYMES QUICK REFERENCE CHECKLIST

Your Printable Enzyme Action Plan

BEFORE PURCHASING CHECKLIST

✓ Identify Your Needs

- ☐ I've tracked my symptoms for at least 3-5 days
- ☐ I know which foods trigger my digestive issues:
 - ☐ Dairy (lactose/casein)
 - ☐ Wheat/Gluten
 - ☐ Beans/Legumes
 - ☐ High-fat foods
 - ☐ Raw vegetables
 - ☐ Fruits
 - ☐ General digestive discomfort

✓ Choose the Right Enzyme

- ☐ **For Dairy:** Lactase 3,000-9,000 ALU minimum
- ☐ **For Beans/Gas:** Alpha-galactosidase 150-300 GalU
- ☐ **For Gluten:** DPP-IV protease 500+ HUT
- ☐ **For High-Fat:** Lipase 3,000-5,000 FIP
- ☐ **For Everything:** Broad-spectrum multi-enzyme

✓ Verify Quality

- ☐ Activity units clearly listed (HUT, DU, FIP, ALU, GalU)
- ☐ Third-party tested (ConsumerLab, NSF, Clean Label)
- ☐ Expiration date 12+ months away
- ☐ GMP certified facility
- ☐ Free from my allergens
- ☐ No unnecessary fillers

✓ Check the Label

- ☐ Enzyme types match my food triggers
- ☐ Activity levels meet minimum thresholds
- ☐ Dose is clear (per 1 capsule or per 2 capsules?)

- ☐ Storage instructions noted
 - ☐ Reputable brand
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WHEN USING GUIDELINES

TIMING IS EVERYTHING

BEST: 10-15 minutes BEFORE eating

GOOD: With first bite of food

OK: During first half of meal

NOT HELPFUL: After finishing meal

HOW TO TAKE

- ☐ Swallow whole with cool or room-temperature water (NOT hot)
- ☐ Don't crush or chew (unless specifically chewable)
- ☐ Take with food or just before eating
- ☐ Never on completely empty stomach

DOSING GUIDE

Meal Type	Typical Dose
Light breakfast (toast, fruit)	1 capsule
Protein-heavy meal (meat, eggs)	1-2 capsules
Large mixed meal	2 capsules
High-fat meal (fried food)	2-3 capsules
Dairy-heavy meal	1-2 capsules (high lactase)
Bean/legume meal	1-2 capsules (alpha-galactosidase)
Restaurant meal (unknown)	2 capsules

Adult Maximum: 3 capsules per meal, 8-10 per day

ADJUSTMENT PROTOCOL

Week 1: Start with 1 capsule per meal

Week 2: Increase to 2 if needed

Week 3: Fine-tune based on results

Week 4: Assess overall improvement

BEST RESULTS STRATEGIES

Lifestyle Support

- ☐ Chew food thoroughly (20-30 chews per bite)
- ☐ Eat in relaxed state (reduces stress on digestion)
- ☐ Stay hydrated between meals
- ☐ Eat smaller, more frequent meals if needed

- ☐ Keep consistent meal timing

Storage for Maximum Potency

- ☐ Store in cool, dry place (68-77°F / 20-25°C)
- ☐ Keep away from heat, light, and moisture
- ☐ NOT in bathroom (too humid)
- ☐ NOT in car (temperature swings)
- ☐ Tightly close lid after each use
- ☐ Use before expiration date

Track Your Progress

- ☐ Note symptom severity BEFORE enzymes (1-10 scale)
- ☐ Track daily for 2-4 weeks
- ☐ Record which foods still cause issues
- ☐ Celebrate improvements!

Expected Timeline

- **Hours:** Some immediate relief possible
- **2-3 days:** Noticeable digestive comfort
- **2 weeks:** Clear pattern of improvement
- **4-8 weeks:** Significant chronic symptom reduction
- **3 months:** Maximum effectiveness

FOOD TRIGGER QUICK MATCH

If You Eat...	Take This Enzyme	Minimum Activity
Milk, cheese, ice cream	Lactase	3,000-9,000 ALU
Beans, lentils, broccoli	Alpha-galactosidase	150-300 GalU
Bread, pasta, wheat	Amylase or DPP-IV	10,000+ DU
Steak, chicken, protein	Protease	20,000-60,000 HUT
Fried food, fatty meals	Lipase	3,000-5,000 FIP
Raw vegetables, salads	Cellulase	400-800 CU
Mixed/restaurant meal	Broad-spectrum	All of the above

DAILY TRACKING LOG

TODAY'S DATE: _____

Meal	Time	Food Eaten	Enzyme?	Dose	Timing	Symptoms (0-10)
Breakfast			☐ Yes ☐ No		☐ Before ☐ With	Bloating: ____ Gas: ____ Pain: ____
Lunch			☐ Yes ☐ No		☐ Before ☐ With	Bloating: ____ Gas: ____ Pain: ____
Dinner			☐ Yes ☐ No		☐ Before ☐ With	Bloating: ____ Gas: ____ Pain: ____
Snack			☐ Yes ☐ No		☐ Before ☐ With	Bloating: ____ Gas: ____ Pain: ____

Overall Digestive Comfort Today (0-10): ____

Energy Level (0-10): ____

Bowel Movements: ____ (number)

Consistency: ☐ Normal ☐ Loose ☐ Hard ☐ Fatty

Notes: _____

WHEN TO SEEK HELP - RED FLAGS

Call Your Doctor If You Experience:

- ☐ Severe abdominal pain (7+ out of 10)
- ☐ Blood in stool (red or black/tarry)
- ☐ Unintentional weight loss (>5% in 1 month)
- ☐ Persistent vomiting
- ☐ Fever with digestive symptoms (>101°F)
- ☐ Yellowing skin or eyes
- ☐ Severe diarrhea lasting >2 weeks
- ☐ Symptoms worsen despite enzyme use
- ☐ Allergic reaction (rash, swelling, difficulty breathing)

Enzymes NOT Working After 2 Weeks?

Check:

- [] Are you taking 10-15 min BEFORE eating?
- [] Is the dose adequate (1-2 capsules per meal)?
- [] Do enzyme types match your food triggers?
- [] Is the product fresh (not expired)?
- [] Are you storing properly (cool, dry place)?

Try:

- [] Increase dose by 1 capsule
- [] Switch to higher-potency brand

- [] Change enzyme type/formula
- [] Consult healthcare provider

QUICK TROUBLESHOOTING

Problem	Solution
No improvement	Check timing, increase dose, verify enzyme types match triggers
Side effects (nausea, diarrhea)	Reduce dose by half; take with more food; switch formulas
Inconsistent results	Standardize timing to 10-15 min before every meal
Too expensive	Use only with trigger foods; try budget brands (NOW Foods)
Can't swallow capsules	Open and mix with cool food, or try chewable/powder forms
Worked then stopped	Check expiration date; take 3-5 day break then restart

ENZYME ACTIVITY UNITS CHEAT SHEET

Enzyme	Unit	What It Digests
Protease	HUT	Protein (meat, eggs, dairy protein)
Amylase	DU	Carbs/starches (bread, pasta, rice)
Lipase	FIP	Fats (oils, butter, fatty foods)
Lactase	ALU	Lactose (milk sugar)
Alpha-Galactosidase	GalU	GOS (beans, cruciferous veggies)
Cellulase	CU	Plant fiber (raw vegetables)
DPP-IV	HUT	Gluten & casein proteins

Remember: Activity units (HUT, DU, FIP) matter MORE than milligrams!

TOP TRUSTED BRANDS

Brand	Best For	Price Range
Enzymedica Digest Gold	Multiple food sensitivities	\$\$\$ **Pure Encapsulations** Medical-grade quality \$\$\$\$ **NOW Foods Super Enzymes** Budget-friendly broad support \$ **Garden of Life** Plant-based/organic preference \$\$\$
FODZYME	FODMAP/IBS support	\$\$\$ **Seeking Health** Histamine intolerance \$\$\$

\$ = Under \$20 | \$\$ = \$20-35 | \$\$\$ = \$35-50 | \$\$\$\$ = \$50+

SAFE USE REMINDER

✓ Safe For Most Adults

- Food intolerances
- Occasional digestive discomfort

- Age-related enzyme decline
- General digestive support

 Consult Doctor First If:

- Pregnant or breastfeeding
- Taking blood thinners or diabetes medications
- History of pancreatitis
- Active ulcers or severe inflammation
- Bleeding disorder or upcoming surgery
- Children under 3 years

 Can Combine With:

- Probiotics (take at different times)
- Healthy diet and lifestyle changes
- Stress management

 NOT a Substitute For:

- Medical treatment of serious conditions
- Prescription pancreatic enzymes (PERT)
- Avoiding allergens if you have celiac disease
- Proper diagnosis by healthcare provider

SUCCESS CHECKLIST (After 4 Weeks)

Signs Enzymes Are Working:

- ☐ Reduced bloating after meals
- ☐ Less gas production
- ☐ Decreased abdominal pain
- ☐ More regular, comfortable bowel movements
- ☐ Better energy levels
- ☐ Can eat previously problematic foods
- ☐ Improved quality of life
- ☐ More confident eating out/socially

If you checked 5+ boxes: Success! Continue current protocol.

If you checked 2-4 boxes: Partial success. Adjust dose or enzyme type.

If you checked 0-1 boxes: See troubleshooting or consult doctor.

CARRY THIS CHECKLIST WITH YOU!

Keep in:

- [] Kitchen for meal prep
- [] Purse/wallet for dining out
- [] Travel bag for trips
- [] Refrigerator magnet spot

Remember: You're taking control of your digestive health one enzyme at a time!

Emergency Contacts:

- **Your Doctor:** _____
 - **Poison Control (USA):** 1-800-222-1222
 - **Pharmacy:** _____
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This quick reference guide complements the Complete Digestive Enzymes Guide. For detailed information on any topic, refer to the full guide. This is for educational purposes only and does not replace medical advice.

Print this page and keep it handy for easy reference!