

DAIRY ENZYME REFERENCE CHART

Nutrient	Organ	Action	Deficiencies	Symptoms	Timing	Support
Protein	Stomach	Produces acid and pepsin enzymes to digest casein and whey	Low HCL Low Pepsin	Bad Breath Constipation Foul Smelling Gas Gastric Reflux Heartburn Ulcers	15 minutes to 5 hours after meal	Betaine Hydrochloride Pepsin
Fat	Liver	Bile emulsifies the fat into smaller droplets	Low Bile Low Bile Flow	Diarrhea Floating Stool and Particles Light Colored Stool Excessive Burping	2 to 5 hours after eating	Bile Salts Beet Leaf and Root Powder Bitter Herbs
Protein	Pancreas	Proteolytic enzymes breakdown casein into amino acids	Low Trypsin, Chymotrypsinogen, Carboxypeptidase	Constipation Foul Smelling Gas	2 to 5 hours after eating	Proteolytic enzymes
Fat	Pancreas	Lipase enzymes digest and absorb the small fat droplets	Low Lipase	Upper Bloating Constipation Diarrhea Floating Stool and Particles Greasy Stool	2 to 5 hours after eating	Lipase Enzymes
Carb	Small Intestine	Intestinal villi secrete lactase enzymes to convert lactose into simple sugars	Low Lactase	Cramping Diarrhea Upper Intestinal Gas and Bloating	2 to 5 hours after eating	Lactase Enzymes (in food)
Carb	Large Intestine	Lactose is converted into lactic acid by lactobacillus acidophilus	Low Lactobacillus Acidophilus	Brain Fog Lower Intestinal Gas Lower Bloating Poor Formed Stools	5 to 33 (men) or 47 (women) hours after eating	Lactobacillus Acidophilus