

# Okra Pepsin E<sub>3</sub>

GLUTEN  
FREE

NON DAIRY  
FORMULA

**DIGESTIVE  
SUPPORT**



## Features of Okra Pepsin E<sub>3</sub>:

- Supports mucosal tissue in the intestines\*
- Supports bowel function\*
- Provides bowel cleansing\*

## Digestive Support

Digestive concerns affect over 50 million Americans, requiring a visit to their health care provider annually.<sup>1</sup> Many digestive concerns involve a reduction in the level of digestive enzymes that are endogenously being produced, so supplementation may be needed.<sup>2</sup> As people age, their level of pepsin and gastric acids decline, which can contribute to dysbiosis.<sup>3,4</sup>

## Okra

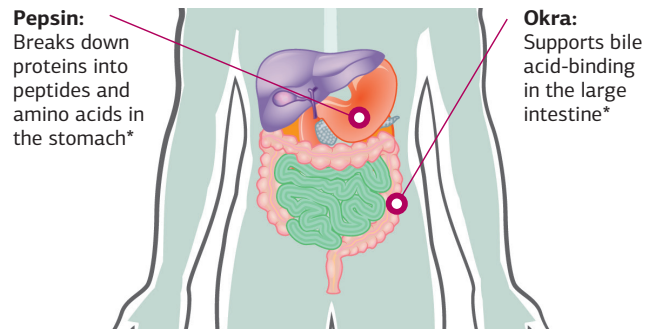
Okra contains mucilaginous carbohydrates that include viscous fibers and provide gastrointestinal (GI) benefits including bile acid binding capacity. In vitro studies have found that raw okra has higher bile acid-binding capacity than other vegetables studied.<sup>5</sup> Because okra is able to bind bile acids and excrete them, this may lead to a reduced absorption and recirculation of bile acids as well as the excretion of cholesterol and, possibly toxins from the GI tract.<sup>6</sup> Lastly, emerging research from another in vitro study suggests that okra may support a healthy GI tract by helping to reduce certain harmful bacteria from adhering to cells similar to those found in the GI tract.<sup>7</sup>

## Pepsin

A protease enzyme that starts breaking down proteins into peptides and amino acids in the stomach.

## NOTES

**FIGURE 1.** How Okra Pepsin E<sub>3</sub> supports the environment of the GI tract to facilitate healthy digestion.\*



## Supplement Facts

Serving Size: 1 Capsule

	Amount per Serving	%Daily Value
Cholesterol	<5 mg	2%
Proprietary Blend	215 mg	†
Okra (fruit), fat soluble extract (from sesame [seed], alfalfa [aerial parts], sunflower [seed], carrot [root], Spanish moss ( <i>Tillandsia usneoides</i> ), organic buckwheat [aerial parts], and organic pea [vine]), pepsin (1:10,000), alginic acid, carbamide, and bovine orchic extract.		
†Daily Value not established.		

Other Ingredients: Gelatin, cellulose, water, calcium stearate and d-alpha tocopherol (vitamin E sunflower).

*Please consult the actual product label for the most accurate product information*

## Available Sizes:

- Okra Pepsin E<sub>3</sub> 90 Capsules
- Okra Pepsin E<sub>3</sub> 150 Capsules

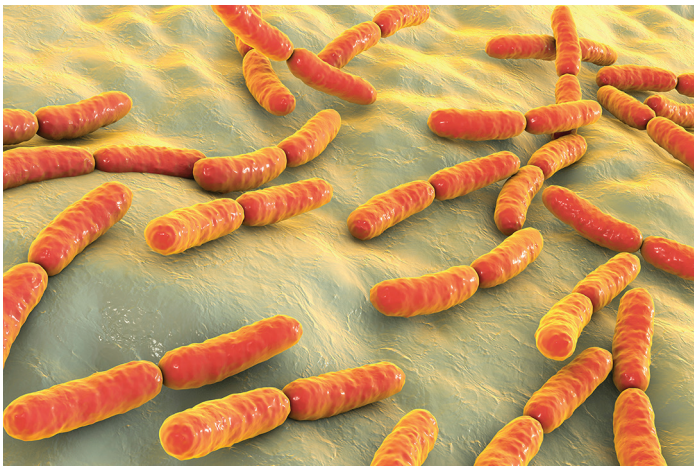
**DOSAGE** AM

PM

Good Health Begins in the Gut

**70%**

of the immune system  
is in your GI Tract



## Additional GI Support

- ProSynbiotic
- Multizyme®
- Whole Food Fiber
- MediHerb® DiGest Forte
- Cholacol®
- Zypan®

## REFERENCES

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2. Rémond D, Shahar DR, Gille D, et al. Oncotarget. 2015;6(16):13858-13898. doi:10.18632/oncotarget.4030.
3. Feldman M, Cryer B, McArthur KE, Huet BA, Lee E. Gastroenterology. 1996;110(4):1043-52.
4. Robert M. Russell. The Journal of Nutrition, Volume 131, Issue 4, 1 April 2001, Pages 1359S-1361S, <https://doi.org/10.1093/jn/131.4.1359S>.
5. Kahlon, T.S., Chiu, M.M., Chapman, M.H. 2007. Steam Cooking Significantly Improves In Vitro Bile Acid Binding of Beets, Eggplant, Asparagus, Carrots, Green Beans and Cauliflower. Nutrition Research. 27:750-755.
6. Kahlon TS, Chapman MH, Smith GE. Food Chemistry. 2007;103: 676-680.
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## Okra

Okra, botanically classified as *Abelmoschus esculentus*, is a plant from the mallow family valued for its mucilaginous green pods.



More than  
**80%**  
of the raw plant  
ingredients used in our  
products are grown on  
our organic and  
sustainable farm

**Freshly  
picked crops**  
are often processed  
within a day to maintain  
vital nutrients

We harvest more than  
**6.5M**  
pounds of ingredients  
on our certified organic  
and sustainable farm

## Healthy Soil. Healthy Planet. Healthy Lives.

Standard Process is a family-owned company dedicated to making high-quality and nutrient-dense therapeutic supplements for three generations.

We apply a holistic approach to how we farm, manufacture and protect the quality of our products. This comprehensive strategy ensures that our clinical solutions deliver complex nutrients as nature intended. It's how we define the whole food health advantage.