

Isagenix Multi-Enzyme Complex™

Isagenix Multi-Enzyme Complex™ is an exclusive blend of multi-enzyme complexes and nutritious Ionic Alfalfa™ proven to help improve your body's ability to digest* and absorb nutrients from foods and supplements while easing common digestive problems* such as gas, bloating, indigestion and heartburn.*

Why Are Enzymes Important?

Digestive enzymes help to break down food so your body can absorb nutrients more efficiently to improve overall health and to ease digestive challenges.*

Who Needs Enzymes?

All adults need enzymes! Your body slowly loses its natural enzymatic balance as it ages and is exposed to antibiotics and pollutants. This can cause your body to lose its natural ability to efficiently breakdown nutrients. Enzymes will help your body to receive the nutrients it needs while reducing digestive problems.*

What Makes Multi-Enzyme Complex Unique?

Multi-Enzyme Complex is unique and effective because it delivers a full complement of enzymes covering a broad pH range. It helps your body to break down and use many common hard-to-digest foods, such as beans, dairy products, meats and complex carbohydrates. Most enzyme products do not provide a such full spectrum of support. Moreover, it contains patented enzymes – Protogenix™, Carbogenix™ and Legugenix™.

What Benefits Does Multi-Enzyme Complex Provide?

Greater Energy

- Multi-Enzyme Complex includes the patented Carbogenix™ enzyme blend, which is clinically proven to help you utilize complex carbohydrates better for longer-lasting energy.

Helps You Build Muscle

- The patented Protogenix™ enzyme blend found in Multi-Enzyme Complex is clinically proven to triple your amino acid absorption, which helps you build muscle.

Improved Digestive Health*

- To complete the formula, Multi-Enzyme Complex also includes Legugenix™, Lipagenix™, Lactagenix™ and Cellugenix™ to help you break down legumes, certain fats, milk sugars and plant fibers, reducing recurring digestive challenges.*

Improved Nutritional Cleansing

- Multi-Enzyme Complex can greatly improve your Nutritional Cleansing benefits by increasing the absorption of nutrients, including those found in the Isagenix® Cleanse products.



Directions - Take one capsule daily, ideally 30-60 minutes prior to largest meal.

Supplement Facts

Serving Size 1 Capsule	Servings Per Container 30
Amount Per Serving	% Daily Value*
Multi-Enzyme Complex 185mg	†
Protogenix™‡, Carbogenix™‡, Legugenix™‡, Lipagenix™ (lipase), Lactagenix™ (lactase), Cellugenix™ (phytase), amyloglucosidase, Ionic Alfalfa™.	

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

‡ Protected under patent nos. 5,387,422, 5,817,350, and 5,436,003.

Other ingredients: Maltodextrin, vegetable capsule, magnesium stearate.

Note: If you are pregnant, nursing, diabetic, on medication, have any medical condition, or are beginning a weight control program, consult your physician before using this product or making any other dietary changes. Discontinue use if allergic reaction occurs.

* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Ionic Alfalfa™

The latest advancement in nutritional supplementation is here! Ionic Alfalfa™ combines alfalfa with more than 70 organic trace minerals that are ionized for accelerated delivery. This combination greatly enhances the superior overall health benefits of minerals for improved well-being.


World leader in nutritional cleansing.™

How Does Multi-Enzyme Complex Compare to Other Enzyme Products On the Market?

Multi-Enzyme Complex provides a greater range of support than other enzyme products on the market. Not only does it provide a full complement of clinically proven, vegetarian enzymes, but it also covers a broad pH range.

Per One Capsule	Isagenix Multi-Enzyme Complex™	Beano®	Lactaid® Fast Act	Nature's Sunshine® Digestive Enzymes	ProHealth Vital Enzymes
Breaks down protein and increases amino acid absorption	Yes	No	No	Yes	Yes
Breaks down fats	Yes	No	No	Yes	Yes
Converts complex carbs into long-lasting energy	Yes	No	No	Yes	No
Breaks down dairy to alleviate symptoms of lactose intolerance*	Yes	No	Yes	No	No
Breaks down plant fibers and alleviates symptoms of galacto-intolerance such as gas, bloating and diarrhea*	Yes	Yes	No	No	Yes
pH range	Broad	Broad	Broad	Limited	Limited
Vegetarian	Yes	Yes	Yes	No	No

Frequently Asked Questions

How do I use Multi-Enzyme Complex?

As part of your Isagenix® system, take at least one capsule daily, ideally 30–60 minutes prior to your largest meal. For greater benefits, take one capsule prior to every non-IsaLean® meal for enhanced nutrient absorption. You can also take one with your IsaLean® Shake or Soup to enhance the enzyme benefits already found in these complete meals.

Why do I need Multi-Enzyme Complex?

More than 87% of people report having digestive issues. The full range of enzymes found in Multi-Enzyme Complex offers a complete solution for improved nutrient absorption, providing greater overall health and digestive health.

How does Multi-Enzyme Complex enhance Nutritional Cleansing?

Multi-Enzyme Complex can help restore your natural enzymatic balance to improve the body's ability to receive the nutrients it needs.

How does Multi-Enzyme Complex help me have longer-lasting energy?

Carbohydrates are the primary nutrients that fuel the body's energy production. Unfortunately, they are difficult to digest. Multi-Enzyme Complex helps you break down complex carbohydrates to provide you with lasting energy.

How does Multi-Enzyme Complex help me build muscle?

By helping your body digest protein, Multi-Enzyme Complex increases your absorption of amino acids, which helps you build quality muscle faster.

Can I take Multi-Enzyme Complex and FiberPro together?

Yes. These products work in conjunction to promote overall improved digestive health.*

Is Multi-Enzyme Complex safe for children?

Multi-Enzyme Complex is safe for children who can swallow capsules. However, the product was designed to support adult needs.

Is Multi-Enzyme Complex a vegetarian product?

All the enzymes found in Multi-Enzyme Complex are derived from natural, vegetarian sources.

What other Isagenix products include enzymes?

The IsaLean® Shakes and Soups also include enzymes. Multi-Enzyme Complex offers enzyme support for your non-IsaLean® Meals and additional enzyme support for your shakes and soups.

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