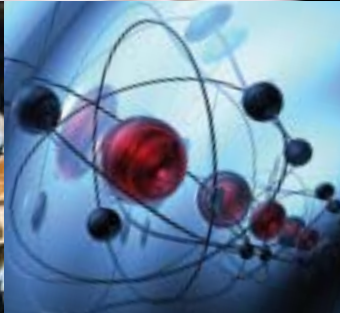




Jane Doe

DigestTest® Report  
Test ID: 879026  
03/25/2010







## Your DigestTest™ Report

# Introduction

If you spend any time watching TV, you're familiar with the antacid ads on every channel. Words like "heartburn," "acid reflux," and "gas" have unfortunately become part of everyone's vocabulary.

We know they're personally familiar to you as well because you decided that the DigestTest could be of value to you.

What many people don't know is that the symptoms of heartburn are more often caused by LOW stomach acid than by high stomach acid. Yes, it's true that if you take antacids or acid blockers, you'll experience less heartburn, but you'll also severely damage your ability to digest, and the consequences of that are widespread. As people age, their production of stomach acid gradually fall until eventually very little is being produced. With a condition of low stomach acid, the sphincter that closes off the stomach from the esophagus doesn't close fully, and what little acid is there, coupled with poorly digested food sitting in the stomach, causes problems. This is why so many

The DigestTest helps you know whether you're digesting protein well — a key indicator of overall nutritional health.

people benefit from supplementing with hydrochloric acid and digestive enzymes — not only finding relief from heartburn, but also dramatically improving their digestion and, therefore, their nutrient absorption.

That's why we're pleased to present you with the results of your DigestTest. By taking the DigestTest, you have taken the first step in achieving better digestive function. Remember, nutrient absorption depends on good digestion.

In the following pages, you will find not only your DigestTest results, but also valuable information about DigestCaps,™ if the test showed you needed them. In addition, you'll find lifestyle tips to help you make your digestion the amazing chemical process it was meant to be.

The statements on these pages have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## Your DigestTest® Report

# What is Indican?

### What Does the DigestTest Measure?

The DigestTest measures a compound in the urine called indican. When you eat protein foods, you are taking in a certain amount of the natural essential amino acid tryptophan. Tryptophan has many metabolic pathways that it can take. One of them is the indican pathway.

Your urine was analyzed for the presence of indoxylsulfate, or indican, a metabolite of tryptophan produced in the bowel by

the action of gastrointestinal bacteria on undigested dietary protein. An elevated level of indican in the urine can be a marker for:

- 1 The degree to which dietary protein is being poorly digested.
- 2 An overgrowth of unfavorable intestinal bacteria, which are producing large amounts of indican as they putrefy (rot) the unabsorbed protein.



The DigestTest measures the degree to which your dietary protein is being poorly digested.

### **Jane, your urinary indican level is: 64**

We recommend targeted digestive support if the indican level is over **70** mcg/mg. Since your indican level is within the acceptable range, you do not need to take the special DigestCaps custom support product. However, to make sure that your level remains in a good range, it is prudent “preventive medicine” to make sure that you follow the general suggestions at the end of this report to help you maintain good digestive function. If your indican level is within the acceptable range and you still occasionally experience digestive symptoms, we recommend the use of our Occasional Series product, Digestzyme, for general digestive support.

## Your DigestTest® Report

# Additional Recommendations for Good Digestion

### Lifestyle Tips

#### *Chew, Chew, Chew*

You've heard this all your life, but it is one of the single most effective steps you can take to insure good digestion. Not only does chewing physically break food into smaller pieces, allowing it to become mixed with saliva (starting starch digestion in the mouth), but it also signals other parts of the digestive tract to get ready to go to work.

#### *Don't eat when you're upset*

NEVER eat when you are upset or excited. Remember, one of the actions of the fight or flight reaction that kicks in when you are upset is to shunt blood AWAY from the digestive tract, redirecting it to the skeletal muscles so you can fight or flee. Mother Nature knows that digestion is not all that important when you are fighting or running for your life. But even though most of us are not usually running for our lives these days, triggering that mechanism through our modern-day stresses produces exactly the same effect on our modern-day digestive tracts — digestion shuts down. So never eat when you are upset or under stress. Take a moment to breathe deeply, approach your meal with a calm, thankful mindset, and think pleasant thoughts as you eat, keeping your mind on the single task at hand — fueling your body.

#### *Eat smaller meals*

Eat smaller, more frequent meals. This maximizes the efficiency of digestive juices and also has the added benefit of a controlled sugar release into the bloodstream.

#### *Add good bacteria to your GI tract*

If you must take a round of antibiotics, it is always a good idea to re-colonize the good bacteria in your GI tract by taking our occasional support product, Proflorin®, for at least one month. Check with your prescribing physician.

#### *Keep your report handy*

Refer to this report once per month. Your health and well-being is worth it.



### Quick Guide

#### Do

- Chew your food
- Eat when you are calm
- Eat smaller meals
- Use the DigestTest to monitor your indican level
- Take Proflorin to promote “good” bacteria in your intestines

#### Don't

- Eat when you are excited or upset
- Inhale your food
- Eat large meals

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## Your DigestTest® Report

# Questions & Answers

**Q** *Can I stop taking my prescription for acid reflux and take DigestCaps® instead?*

**A** If you have medications that you routinely take under a physician's orders, you should continue that regimen uninterrupted. You should consult your health care provider before discontinuing any prescribed medications.

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**Q** *I have been diagnosed with acid reflux, but the DigestTest Report says that I am below the targeted area. What does this mean?*

**A** A urinary indican level below 70 indicates that your dietary protein is being digested properly. Further, the level of "good bacteria" in your bowels should be high enough to maintain proper intestinal digestion. Other causes for acid reflux should be considered, such as: meal timing, obesity, smoking, caffeine-containing foods (coffee, chocolate), fried foods, alcohol, and carbonated beverages. All these factors can either increase abdominal pressure or decrease the muscle tone of the sphincter muscle between the stomach and the esophagus, allowing even small amounts of acid to rise up into the esophagus and cause pain.

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**Q** *The Report says that the result you gave me relates to "the degree to which dietary protein is being poorly digested." My level is 92. Should I become a vegetarian? Should I decrease the amount of protein that I eat?*

**A** If your indican level is over 70, we recommend that you carefully follow the Lifestyle Tips on the following page. Additionally, try The Trump Network's DigestCaps to aid your digestion and promote proper protein digestion. You may also want to take Proflorin® for one month (you can add this to your next Auto ReSupply by calling 1-800-768-7667). Proflorin will re-colonize your bowel with the good bacteria needed for a healthy intestine. Becoming a vegetarian or reducing your protein intake is a lifestyle choice and may or may not affect your urinary indican levels. Following the Lifestyle Tips should decrease your indican number, indicating better digestion.

## Your DigestTest® Report

# DigestCaps™ Ingredients

**Pancreatin** — Derived from porcine sources (which is most similar to human pancreatin), this extremely effective natural digestive compound supplements the enzymes that may be insufficiently produced by your pancreas. The pancreas usually secretes about 1.5 quarts of enzyme-packed digestive juice every day. However, under certain health conditions (and also as a result of aging) pancreatic production can become deficient. The pancreatin in DigestCaps provides enzymes to help digest proteins, fats, and carbohydrates.

**Betaine Hydrochloride** — a sufficient acid stomach is required to break protein down into smaller fragments called peptides and amino acids. Another result of aging is the decreased production of hydrochloric acid. Some studies have shown that low stomach acidity occurs in at least half of the people who are over age 60, although it begins to decline much earlier, bringing on the indigestion of middle-age, causing many people to start reaching for the antacids. However, while overproduction of acid may be a factor for a small number of people, most digestive symptoms usually attributed to excess stomach acid are often due to underproduction of stomach acid. DigestCaps contains a safe amount of natural, plant-derived hydrochloric acid as a support for protein breakdown.

**Papain** — A natural protein-digesting enzyme derived from papaya.

**Bromelain** — A natural protein-digesting enzyme derived from pineapple.

**Microbial Enzyme Blend** — This special proprietary blend of enzymes is naturally derived from microbial fermentation. While the pancreatin described above is extremely important to digestion, pancreatic enzymes have an activity that is limited to a very narrow pH (acidity measurement) range. Outside of this range, pancreatic enzymes will be inactivated. Additionally, pancreatic enzymes normally start working approximately 30 minutes after food reaches the stomach. However, microbial enzymes have a broad range of activity, working across a varying pH from 3.0—9.0. These enzymes are activated in the upper stomach and begin working immediately with a broad action on a variety of foods. Because of their stability in stomach acid, microbial enzymes can begin their digestive action without delay. With the increased exposure to digestive enzyme activity, food has a better chance of being broken down into small, more readily absorbed particles.

**Caraloe 100™** — Aloe Vera Soluble Powder: aloe vera juice has clinically been shown to reduce elevated levels of urinary indican, suggesting that aloe vera consumption can support digestive function. Your DigestCaps contains specially processed aloe vera, providing the active botanical components equivalent to 6 ounces of fresh juice, in a single capsule.



Serving Per  
Container 30  
Serving Size  
2 capsules

	Amount
Amylase	20,000 USP
Protease	20,000 USP
Lipase	1600 USP
Betaine HCl	120 mg
Papain	12,000 USP
(Protease activity)	
Bromelain	2,000 mcu
Ideal-zymes™	20 mg
(a proprietary blend of microbial enzymes including Protease 3.0, Protease 6.0, Lipase, Amylase, and Cellulase.)	
Caraloe* 100™	44 mg
(Aloe Vera Soluble Powder)	

\* Caraloe is a registered trademark of Carrington Laboratories, Inc.

Other Ingredients:  
Gelatin (capsule)  
Cellulose, Magnesium Stearate

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