

Over the Counter Enzyme Options

◆ Pancreatin Quadruple Strength by Twin Laboratories

Sold at The Vitamin Shoppe, Walmart, Some Drug Stores. Be sure that the label states PORCINE. 7-9 tablets or capsules crushed or sprinkled on the food with warm water will equal a teaspoon of Pancreatin 6x in potency or 3/4 teaspoon of Pancreatin 8x in potency.

◆ Pancreatin by The Vitamin Shoppe

Sold at the Vitamin Shoppe Porcine based 7-9 tablets or capsules crushed or sprinkled on the food with warm water will equal a teaspoon of Pancreatin 6x in potency or 3/4 teaspoon of Pancreatin 8x in potency.

◆ Pancreatin by Solaray

approx. 9 tablets or capsules crushed or sprinkled on the food with warm water will equal a teaspoon of Pancreatin 6x in potency or 3/4 teaspoon of Pancreatin 8x in potency.

◆ Pancreatin by Country Life

Porcine based 7-9 tablets or capsules crushed or sprinkled on the food with warm water will equal a teaspoon of Pancreatin 6x in potency or 3/4 teaspoon of Pancreatin 8x in potency.

◆ Pancreatin 4x by Now

Porcine based 7-9 tablets or capsules crushed or sprinkled on the food with warm water will equal a teaspoon of Pancreatin 6x in potency or 3/4 teaspoon of Pancreatin 8x in potency.

◆ Pancreatin 8x by Source Naturals

Porcine based 7-9 tablets or capsules crushed or sprinkled on the food with warm water will equal a teaspoon of Pancreatin 6x in potency or 3/4 teaspoon of Pancreatin 8x in potency.

Please be sure to check the labels and do the math to be sure as to how many tablets or capsules you should actually use as the above are an average of how many you will need. The tablets are a different potency so it may seem that you need a lot to equal the dose of enzymes you usually use. It is important that the enzymes state PORCINE based.