

Peptic Pre-Meal

(U.S. product)

Article No. 02261 (30-day supply)

All raw foods contain enzymes, specialized proteins that aid in their digestion. Cooking, processing, shipping and storage can destroy these enzymes. Enzyme supplements can help ease the digestive process and can often prevent digestive distress before it happens.* Unlike drug-based “acid controllers,” which must be taken well in advance of a meal, this supplement can be taken anytime, from 15 minutes prior to 15 minutes after a meal... even at mealttime. 30 caplets; 30-day supply if taken once daily.

- **Proprietary Plant Enzyme Blend:** Unlike other enzyme supplements, which contain extracts of hog pancreas and ox bile, this supplement is made only from pure vegetable enzymes.
- **Digestive Herbal Blend:** Helps stimulate the flow of bile to aid in the digestion of fats.*
- **Watkins Bio-Activator™ Blend (Black Pepper and Ginger):** Scientific studies strongly suggest that black pepper and ginger may help to protect and maximize the potency of vitamins and nutrients in the body.*

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



Supplement Facts

Serving Size 1 Caplet

	Amount Per Serving
Watkins Proprietary Plant Enzyme Blend	200 mg†
Alpha amylase, beta amylase, glucoamylase, hemicellulase, invertase, lactase, lipase, peptidase, protease	
Watkins Proprietary Digestive Herbal Blend	125 mg†
Artichoke leaf standardized extract (15% caffeoylquinic acid, 2% cynarin)(Cynarus scolymus), fennel seed (Foeniculum vulgare), gentian root (Gentiana lutea), milk thistle seed (Silybum marianum), peppermint extract 10:1 (Mentha piperita) (leaf)	
Watkins Bio-Activator™ Blend	25 mg†
Black Pepper (Piper nigrum) (fruit) Ginger (Zingiber officinale) (root) Cellulase plant enzyme	

†Daily value not established.

Other ingredients: Dibasic calcium phosphate, microcrystalline cellulose, cellulose gum, vegetable stearic acid, silica, vegetable magnesium stearate, pharmaceutical glaze

Testimonial —

Individual results may vary. Consult your physician before taking any dietary supplements.

“My husband had been suffering from stomach problems for three years...He tried every brand of antacid and all of the new acid-blocking drugs. Four different doctors prescribed even stronger drugs — nothing worked. When I saw Watkins Peptic Pre-Meal, I figured Dave should try it. It's all natural; it's got to be better than all these chemicals. It helped within a week, and he hasn't had one episode of indigestion since. It's unbelievable...This product is wonderful!”

— **Violet Harris, New York**