Amylase Inhibitors

What is amylase inhibitors? Why do we need it?

Amylase inhibitors are substances that prevent certain starches from being broken down by the body. Developed decades ago, amylase inhibitors are extracted from plants that belong to the legume family, such as kidney beans. Amylase inhibitors are also reprocessed from wheat. They are usually sold as capsules and/ or extracts, and are available at local health food stores.

What are the benefits of amylase inhibitors?

High amounts of amylase inhibitors may cause diarrhea in some people, because the effects undigested starch may have in the colon. In addition, since amylase inhibitors cors are also enriched in sugar, they should be taken by diabetics who are currently taking medications to lower their blood sugar levels without consulting a trained health care provider. In addition, make sure to consult with a trained health care provider before taking an amylase inhibitors or any other herbal medicines or dietary supplements.

How much amylase inhibitors should I take?

The amount of amylase inhibitors to be consumed depends on the purity of the substance. Recommended doses are between 1,500 milligrams and 6,000 milligrams, depending on the substance's purity and potency.

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What forms of amylase inhibitors are available?

Amylase inhibitors are derived from a number of plants, such as beans, lentils, and peas. Amylase inhibitors can also be reprocessed from wheat. They are usually sold as capsules and/or extracts, and are available at local health food stores.

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