

# KWD+<sup>®</sup>

Protein digestion booster

*Actinidia deliciosa*

- **KWD+<sup>®</sup>** is a premium **kiwifruit** extract 5 times more powerful than fresh **kiwifruit**.
- **KWD+<sup>®</sup>** is standardised to  $\geq 0.15\%$  actinidin by SDS-Page and to  $\geq 0.1\%$  Aktinnamics<sup>®</sup> by HPLC.
- Benefits include: protein digestion and absorption enhancement, gentle gastrointestinal motility and prevention of digestion discomfort.
- Raw material sourced from New Zealand and produced in Spain.

## How does it work?

- 50% of **KWD+<sup>®</sup>** protein content is actinidin, a cysteine protease enzyme which can promote protein break down in the gastrointestinal tract.
- Aktinnamics<sup>®</sup> has anti-inflammatory effects to inhibit production of pro-inflammatory cytokines such as TNF- $\alpha$ , which helps prevent discomfort and pain during digestion.
- A study published in the *British Journal of Nutrition* found that gastric digestion and stomach emptying after beef intake was faster when subjects also took **kiwifruit** rich in actinidin.

## Indications, Claims and Dose

- Dose: 300-600mg extract per day.
- May help prevent muscle loss.
- May support muscle restoration.
- May assist with muscle building.
- Helps support digestion discomfort after heavy meals.



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