

# DIGESTIVE ENZYME EFFECTIVENESS CHART

ENZYME TYPE	TARGET FOOD GROUP	OPTIMAL PH RANGE	PRIMARY ACTION SITE
Salivary Amylase	Starches / Carbohydrates	6.7 - 7.0	Mouth
Pepsin	Proteins	1.5 - 2.0	Stomach
Pancreatic Amylase	Complex Sugars	6.7 - 7.2	Small Intestine
Trypsin / Chymotrypsin	Proteins / Peptides	7.5 - 8.5	Small Intestine
Lipase	Fats / Lipids	7.0 - 8.0	Small Intestine
Lactase	Lactose (Dairy Sugar)	5.0 - 7.0	Small Intestine

<b>ENZYME TYPE</b>	<b>TARGET FOOD GROUP</b>	<b>OPTIMAL PH RANGE</b>	<b>PRIMARY ACTION SITE</b>
Sucrase	Sucrose (Table Sugar)	<b>5.0 - 7.0</b>	Small Intestine

*\* Values represent average physiological ranges. Enzyme activity can vary based on core body temperature and individual metabolic factors.*