



Why use this material?

KWD+® is a premium kiwifruit extract 5 times more powerful than fresh kiwifruit, designed for protein digestion and absorption enhancement, gastrointestinal motility, and prevention of discomfort during digestion.

KWD+® is standardised to $\geq 0.15\%$ actinidin by SDS-Page and to $\geq 0.1\%$ Aktinnamics® by HPLC. The raw material is sourced from New Zealand and produced in Spain.

The science behind the indications

- 50% of KWD+® protein content is actinidin, a cysteine protease enzyme which can promote protein breakdown in the gastrointestinal tract
- Aktinnamics® has anti-inflammatory effects to inhibit production of pro-inflammatory cytokines such as TNF- α , 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

References

https://pharmactive.eu/ingredient/kwd_r-allows-for-healthy-digestion/