S1 Text. Formulation of selected enzyme supplements

Supplement A: DPPIV (90 000 HUT), Protease (10 000 HUT)[32,700 HUT], Pepsin

Supplement B: DPPIV 100mg, Protease (30 000 HUT)[70,400 HUT]

Supplement C: DPPIV/Protease blend (140 000 HUT)

Supplement D: DPPIV (1000 DPPU), Protease (90 000 HUT)[115,000 HUT]

Supplement E: DPPIV (500 DPPU), Protease (40 000 HUT), Peptidase (20 000 HUT)[34,400 HUT], ANPEP (6000 HUT)

In bold and in brackets is HUT activity/capsule as measured in our assays. Typically recommended dosages is 1-2 capsules prior to a meal. Next to proteases, all supplements also contain one or more carbohydrate degrading enzymes, like amylase. Activity numbers are rounded.