



# Zymes 4 Kidz™

## How do I give digestive enzymes to a baby?

When breastfeeding, we first suggest that the mother take the basic enzyme protocol (a digestive formula, a proteolytic formula, and a probiotic) to ensure that her digestion is optimal.\* Many times this calms the baby's digestive system as well.\* However, if the baby's digestion still needs assistance, you can easily and safely administer the enzymes.\*

- **Breastfeeding.** Simply mix the Kidz Digest™ powder in a small amount of tepid water (approximately 1cc) and, using a syringe or medicine dropper, give it to the baby before the normal feeding.\*
- **Baby Formula.** If the baby is being formula fed, the enzymes should be mixed with 1cc of tepid water and given just before feeding as described above. (Note: Do not mix the enzymes with formula in the bottle, as it will begin digesting the formula immediately.)
- If it is difficult to give the enzymes prior to feeding, the enzymes may be given after feeding.

## How much do you recommend and how often?

Transformation's rule of thumb is to address the need. This means the amount of enzymes you give an infant or toddler may be the same as what you give an adult, if their need is the same.

In general, for infants to 2 years of age give 1/8 tsp (1/2 scoop) of Kidz Digest™ powder with each feeding mixed in a tablespoon of tepid water or small amount of food.\*

For children 3+ years of age, you may prefer to create a paste and put on the tongue with every meal. Kidz Digest™ is also available in chewable tablets.\*



*Lily, age 5  
Enzyme Kid*



**TRANSFORMATION**  
THE GENESIS OF GOOD HEALTH™

TransformationEnzymes.com

[www.Zymes4Kidz.com](http://www.Zymes4Kidz.com)

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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



# FAQ

## Frequently Asked Questions

### 1. What are enzymes?

Enzymes are energy-rich protein molecules that are necessary for life. They catalyze and regulate chemical reactions and are an essential part of every activity in the body. Digestive enzymes break down the food we eat, releasing nutrients for energy production and cell growth and repair.

### 2. Where do supplemental enzymes come from? Are they safe?

Transformation™ uses mycelial (fungal) enzymes derived from the fermentation of non-toxic strains of various fungi. The organisms used have been studied extensively by the food and pharmaceutical industries to establish their safe use in the production of amino acids, enzymes, antibiotics, and other beneficial compounds.

### 3. Why do I need to supplement with digestive enzymes?

Our bodies naturally produce digestive enzymes and the enzymes that run our metabolic processes. However, genetics, lifestyle, diet, processed foods, prescription drugs, and environmental factors all influence digestion on a daily basis. Digestion must take place. Every person with or without digestive challenges will benefit from a digestive enzyme formula.\* Transformation™ digestive enzyme formulas are designed to promote optimal digestion, support nutrient availability, and help reduce food intolerances, thereby leading to a healthy and efficient immune system and the timely elimination of wastes.\*

### 4. Can enzymes be harmful if you take too many?

When speaking about digestive enzyme formulas, no. As active protein molecules, the enzymes do not accumulate in the body. They impart enzymatic activity that generally lasts one to four hours and then are eliminated from the body or the proteins are broken down to amino acids for other purposes. As with any herbal or nutritional supplement, evaluation of amounts and over consumption should be determined on an individual basis.

### 5. Can children take digestive enzymes?

Yes, the digestive enzymes can be given to infants, toddlers, and young children. The capsules can easily be pulled apart and mixed in water or a bite of food.

### 6. Can enzymes be taken with other prescription medications? What about "protease inhibitors"?

Digestive enzymes function by breaking down specific chemical bonds in foods. Therefore, in most cases, they can be taken safely with medications. Transformation recommends telling your health care provider all the supplements you are taking. One area of concern is

that of prescription blood-thinning agents. These prescription drugs interfere with natural blood-clotting mechanisms. They can be taken in conjunction, but it is recommended to take them at least four hours apart and monitor lab work closely.\* There are thousands of proteases in our body, each with many different functions. The medications that are designed as protease inhibitors are targeting a very specific viral protease. The supplemental digestive proteases are very different and will not interfere with the medication.

### 7. Are your products "100% natural" and organic?

The preference of natural, synthetic, or organic ingredients and the definition of each can be very confusing and controversial. We believe the real question should be: "Are your ingredients safe, effective, and free from harmful chemicals?" Transformation's goal, in conjunction with its manufacturers, is therefore to provide safe, effective, high-quality nutritional supplements that are free of any pesticide or herbicide residuals.\*

### 8. Are your digestive enzymes gluten-free? Dairy-free? Vegetarian?

Yes to all three. The digestive enzyme formulas are vegetarian, dairy-free, and gluten-free and in most cases come in cellulose capsules.

### 9. Why do I need probiotics?

Oral supplementation with probiotics will help maintain the beneficial bacteria in your GI tract benefiting digestion, immunity, and elimination.\*

**Digestion** - Probiotics produce enzymes such as protease, lipase, and lactase to further assist with protein and fat digestion as well as reduce problems associated with lactose intolerance.\*

**Immunity** - Intestinal microbes are a key factor in the development of the post-natal immune system and in acquired immune response.\*

**Elimination** - Probiotics act as natural stool softeners and facilitate the healthy and timely removal of waste.\*

### 10. Are your products FDA approved?

Transformation™ uses only the highest quality digestive enzymes. In general, the FDA's role with a dietary supplement product begins after the product enters the marketplace. Once a dietary supplement is on the market, FDA has certain safety monitoring regulations which are enforced. As a leader in the healthcare supplement industry, Transformation™ and its manufacturers are committed to always being fully compliant with the most current FDA regulations and enforcing the highest quality control standards.