

# TRANSCENDENCE

*experience beyond*

**Stress Management  
with Enzyme Nutrition\***



## The Importance of Digestive Enzymes

Healthy food choices are a great start to promoting health; however this represents just the first step. To benefit from all the nutritious components of our food, a healthy digestive system is needed. Today, dozens of factors including genetics, stressful lifestyles, poor diet, processed foods, and the environment all influence digestion. Supplementing a healthy diet and lifestyle with digestive enzymes is the next step in health. Transformation's comprehensive digestive enzyme formulas include highly active enzymes with a broad range of specificities needed to digest the foods most commonly found in the human diet.\* Once the food is broken down into simple nutrients, the body can then assimilate them for energy, growth, and repair.

## DIGESTZYME\*



Soothing and effective support for more complete digestion of proteins, fats, and carbohydrates.\*

## PUREZYME



Systemic protease formulation supports healthy circulation, detoxification, and immune system function.\*

## PROBIOTIC



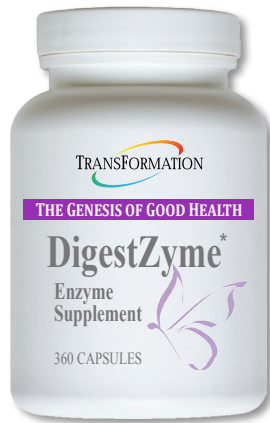
A safe, non-habit forming alternative for populating the gut with “friendly” naturally occurring bacteria.\*

# DIGESTZYME\*

**Optimal Digestion** results in nutrient availability, delivery, and absorption for cellular function and repair. Do you occasionally feel bad after you eat? Do you experience:

- occasional digestive discomfort?\*
- occasional indigestion?\*
- food sensitivities?\*

**DigestZyme** supports proper digestion and absorption of nutrients.\*



Genetics, stressful lifestyles, poor diet, processed foods, and the environment all influence digestion on a daily basis. You can no longer assume eating a healthy diet will result in good nutrition. *DigestZyme* taken with meals promotes optimal digestion, nutrient availability, and cellular health.\*



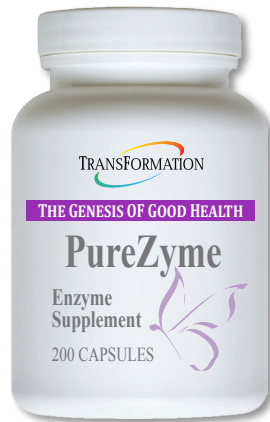
# PUREZYME

**Optimal Circulation and Immunity** supports the delivery of nutrients and oxygen to all parts of the body, enhancing its ability to defend and detoxify itself on a regular basis.

**PureZyme** provides systemic benefits to the circulatory system, the immune system, and the detoxifying organs.\*

**Health Benefits** include:

- promotes circulation\*
- supports healthy immune system function\*



- healthy inflammatory response\*
- supports detoxification\*

**PureZyme** taken daily between meals promotes optimum blood flow and oxygen/nutrient delivery to your cells, supporting the circulatory system and the immune system.\* *PureZyme* is essential to your wellness program.\*



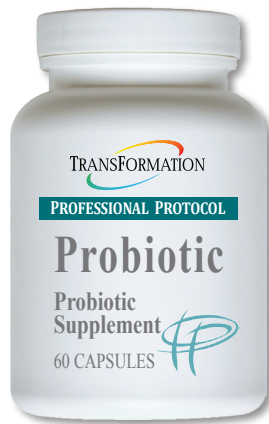
# PROBIOTIC

**Optimal Intestinal Health** results in complete digestion, absorption of vital nutrients, and elimination of food waste.

Do you experience:

- occasional gas/bloating?\*
- occasional constipation/ diarrhea?\*
- challenges to your immune system?\*

**TPP Probiotic** helps to maintain the healthy flora in your GI tract that often becomes imbalanced by poor diet choices.\* Further complications can





arise when the opportunistic microorganisms feed off of undigested food, creating gas and releasing toxic waste into the bloodstream. *TPP Probiotic* is acid and heat stable, and survives the GI tract to become live cultures in the small and large intestines, assisting with regularity and providing additional health benefits to the human host.\*



# REZEN

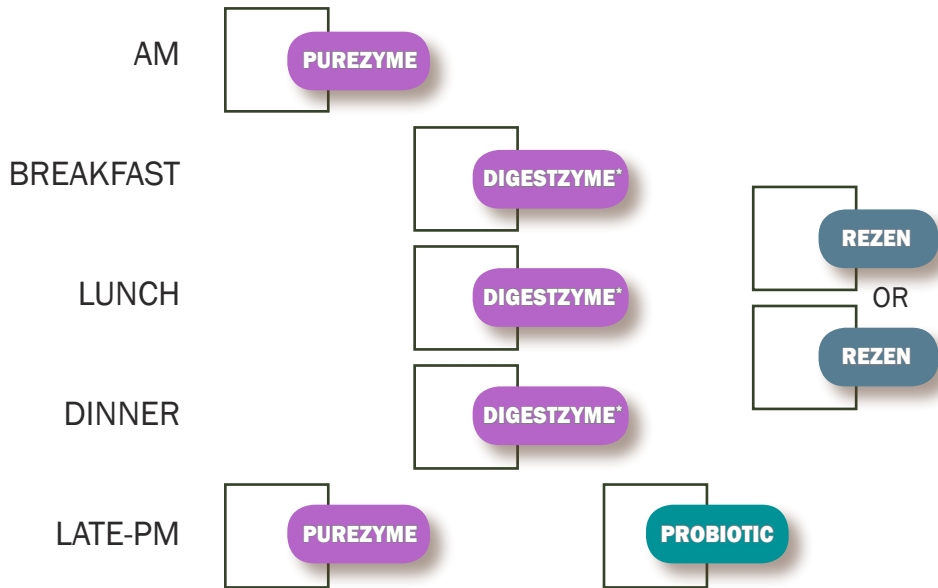
A complete **Stress Management** program involves supporting the nervous system to assist the body with its overt and dangerous reactions to stress. Do you experience:

- occasional stress or bad temper?\*
- occasional anxiety or muscle tension?\*
- occasional fatigue or memory loss?\*

**ReZEN** has a calming effect and supports a healthy cortisol level for a healthy nervous system.\*



## Recommended Usage



Clip off back page and take with you.



## Additional Support Products

*Ask your health professional about these additional products:*

**Carbo-G** - This unique formula is designed to support efforts for a gluten free diet as well as help reduce the symptoms of occasional bloating, irregularity, and gas associated with diets high in complex carbohydrates.\*

**Probiotic 42.5** - Our maximum strength probiotic formula with over 42.5 billion cfu of activity per capsule supports relief from occasional GI discomfort and naturally encourages healthy and timely elimination.\*

**GastroZyme** - Stress can cause occasional GI discomfort. This supplement is a gentle, well-tolerated support formula that works fast to help relieve occasional GI discomfort.\*

**Mineral Complex** - Key minerals such as calcium, magnesium, chromium, and zinc are commonly depleted during times of stress. This supplement is a synergistic blend of minerals, vitamins, and enzymes that supply the nutritional core elements the body needs for a healthy skeletal system and optimal metabolic processes.\*

**CalmZyme** - As the name implies, *CalmZyme* has a calming effect and helps slow mental chatter to enhance the quality of sleep.\* In addition to hops, skullcap, and wild lettuce — herbs known for their calming properties — valerian root extract is the main ingredient in this all-natural, vegetarian-friendly product.\* These natural herbs and enzymes make *CalmZyme* the perfect non-habit forming, natural complement to *ReZEN* for supporting a healthy nervous system and promoting restful sleep.\*

# FAQ

## Frequently Asked Questions

### **1. What are enzymes?**

Enzymes are energy-rich protein molecules that are necessary for life. Enzymes 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 vital nutrients necessary to feed our cells and support optimal health.

### **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. 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?

Transformation™ has a line of products specifically designed to help meet children's digestive needs.\* Our Zymes 4 Kidz line includes *Kidz Digest*, available in powder and chewable form.\* We also recommend *Plantadophilus* for a gentle probiotic formula.

## **6. Can enzymes be taken with other prescription medications?**

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.\*

## **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?**

Transformation’s digestive enzyme formulas are not formulated with any known allergens such as dairy or wheat.



## 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** - 80% of the immune system is found in the gut. A healthy GI tract supports a healthy immune system.\*

**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.

# Nutrition & Lifestyle for Stress

## De-Stress with HEALTHY Foods

Stress and anxiety are chemical reactions. With the right nutrients your body can handle stress, but with the wrong food choices (processed foods, caffeine, sugar) these chemical reactions get worse, increasing stress even more! Eat healthy, preferably organic whole foods that are nutrient dense like berries, almonds, whole grains, and dark leafy greens.

## H2O

Without enough water, your body starts to become stressed, and as a result so can you. When you are dehydrated, the stress hormone cortisol begins to increase. So do yourself a favor and start exchanging the sugary sodas and juices for water.

## Make Time for Food

Life gets busy (one of the big contributors to stress) and often mealtime is one of the first things to get cut from the schedule. But just like with water, when you don't give your body fuel, it becomes stressed and a vicious cycle emerges. Make time for three meals a day and healthy snacks in between. You'll give your body what it needs to help keep up with your

hectic schedule. Also, when you're eating those meals and snacks, be sure to take your time. Food is meant to be enjoyed. Take time to enjoy and chew your food.

## Get Some Shut-Eye

Not getting enough ZZZ's at night affects many aspects of health such as your weight, your skin, digestion, and of course your stress and anxiety levels. Do yourself a favor and practice the simple self-care of giving yourself ample time to recharge with the recommended eight hours. Having enough sleep to take on a busy day can make all the difference.

## Take a Breather

Relaxation techniques are an essential part of your quest for stress management. Relaxation isn't just about peace of mind or enjoying a hobby. Relaxation is a process that decreases the wear and tear on your mind and body from the challenges and hassles of daily life. Whether stress is spiraling out of control or you've already got it tamed, you can benefit from learning relaxation techniques. Ask your health professional about the *Heartscapes* program by Wild Divine! Exploring these simple relaxation techniques will help get you started on balancing and improving your life. You simply plug in and relax while playing a game with guided meditation. It is simple, affordable, and fun! And an important part of our Stress Management Program.



*“Our belief is simple. Give the body the nutrients it needs,  
clear away the waste, and allow your body to manage its resources.”*

**TransformationEnzymes.com (800) 777-1474**

\*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.