

The logo features the word "TRANSFORMATION" in a black serif font, with a blue and orange swoosh above it. Below it, "Enzyme Nutrition" is written in a green sans-serif font.

TRANSFORMATION

Enzyme Nutrition

TEEN DIGESTIVE HEALTH

Nutrition

- **H₂O** – Considering your body is made of about 60% water and it's one of the most crucial elements to supporting proper digestion, there's not much argument against exchanging a soda for water.
- **Make Time for Food** – Life gets busy, but being too busy to eat is never a good thing. Make time for 3 meals a day and snacks in between. You'll save yourself from overeating and keep your digestive system working all day. Also, when you're eating those meals and snacks, be sure to take your time. If you finish your lunch in 5 minutes, you're doing it wrong.
- **Nature's On-the-Go Snack** – Apples and Carrots are super portable snacks and they are great for healthy digestion. When possible, buy organic and try to mix it up with different colored fruits and vegetables.
- **There's Always a Healthy Choice** – Sometimes "Fast Food" is the only food, but even those offer alternatives to processed and calorie filled burgers. If you know you'll be eating out, check the restaurant's menu online beforehand. They all have nutrition facts listed and you can be sure to make the better choice.

Lifestyle

- **Get Some Shut-Eye** – Not getting enough ZZZ's at night can affect more than just your digestion. It can also affect your weight, your skin, and can contribute to feelings of depression. So do your body a favor and give it ample time to recharge with the recommended 8 hours
- **Take a Breather** – Stress is the opposite of sleep. If you have too much, it creates problems in other areas like your digestion. A few good ways to help reduce daily stress are:
 - A. find an activity that helps you de-stress (like dancing or playing guitar)
 - B. ask others for help when you don't have enough time to accomplish everything on your own
 - C. if you start to get overwhelmed, just take a step back from the situation and focus on something else for a few minutes.
- **Make a Move** – Exercise is essential to healthy digestion. When you get moving, all of your organs get moving too. And exercise is pretty easy to come by if you get creative with it. Try fun runs, hiking, or joining a sports team. You can even count walking the dog, just aim for 30 minutes 5 times a week.

Supplementation

- **A digestive enzyme formula** with meals to help ensure proper digestion and delivery of nutrients supporting cellular health, function, and repair.* Complete digestion also minimizes food intolerances and supports a healthy immune system.*
- **A probiotic supplement** further supports digestion and the immune system while maintaining a healthy gut environment.*
- **A protease formula** between meals will help promote optimal blood flow and efficient detoxification as well as help manage inflammation, supporting the overall health of all systems of the body.*

Option I

TPP DIGEST*	1 cap	with every meal or snack
TPP PROTEASE*	1 cap	2 x day between meals
TPP PROBIOTIC*	1 cap	at bedtime

FOUNDATION
FORMULAS™



Option II

Transformation™ also offers several formulas for the "sensitive" patient. You might prefer:

DIGESTZYME*	2 caps	with every meal or snack
PUREZYME*	2 caps	2 x day between meals
PLANTADOPHILUS*	3 caps	at bedtime

Additional Support

RELEASEZYME*	for constipation / irregularity*
GASTROZYME*	for gas / bloating / sour stomach*

(800) 777-1474

WWW.TRANSFORMATIONENZYMES.COM

*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.