



ANEMIA

Anemia is a reduction in the number of red blood cells or hemoglobin in the blood. This causes a decrease of oxygen carried in the blood and in its availability to cells in the body. As a result, muscular and cellular function, building and repair slow down. Nutritional deficiencies in iron and some B vitamins (B6, B12 and folate) along with the body's mal-absorption of critical nutrients that are necessary for the proper production of red blood cells and hemoglobin can be alleviated through the use of enzymes.* Supplementation can reinforce proper functioning of the gastrointestinal tract and ensure nutrient acquisition and absorption for the proper production of red blood cells and hemoglobin.*

- A digestive enzyme formula with meals will aid in the proper digestion and absorption of all nutrients supporting proper formation and maintenance of red blood cells.*
- A whole food vitamin and mineral supplement with an enzyme delivery system to support the prevention of specific nutrient deficiencies that are linked to anemia.*
- A protease formula between meals will help promote optimal blood flow and efficient detoxification as well as help manage inflammation and protection of the cells.*
- A probiotic supplement further supports digestion and the immune system while maintaining a healthy gut environment and timely elimination of wastes.*

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|----------------|--------|--------------------------|
| TPP DIGEST | 1 cap | with every meal or snack |
| SUPER CELLZYME | 1 cap | 3 x day with meals |
| TPP PROTEASE | 2 caps | 3 x day between meals |
| TPP PROBIOTIC | 1 cap | at bedtime |

Transformation™ offers several formulas for the "sensitive" patient. If needed, you may substitute:

| | | |
|----------------|--------|--------------------------|
| DIGESTZYME | 3 caps | with every meal or snack |
| SUPER CELLZYME | 1 cap | 3 x day with meals |
| PUREZYME | 2 caps | 3 x day between meals |
| PLANTADOPHILUS | 3 caps | at bedtime |

Note – Iron is found in foods of both animal (heme iron) and plant (non-heme iron) sources. It is best absorbed from heme iron and with vitamin C present in the meal.

Questions? 1-800-777-1474
 email moreinfo@tecenzymes.com
www.transformationenzymes.com

