



CARDIOVASCULAR HEALTH

The cardiovascular system – the heart, the vessels, and the blood – is our body's internal transportation system. The blood is contained in the vessels and pumped by the heart. The blood carries nutrients, oxygen, hormones, and immune mediators *to the cells* and metabolic waste *from the cells*. In these efforts, the cardiovascular system plays an important role in maintaining a healthy cellular environment, protecting from disease, promoting healing, and supporting constant communication between the 11 systems of the body. When we consider what the cardiovascular system does and the fact that it literally touches every other system of the body, why would we not protect it and focus on supporting its health? This protocol along with a healthy diet and exercise is the perfect place to start.*

- A digestive enzyme formula with meals will help ensure proper assimilation of all nutrients to supply the heart with energy, minimize free radical damage, and reduce the risk of plaque or toxins in the blood.*
- Essential fatty acids from fish oil concentrate are a good source of DHA and EPA omega 3's known for their effectiveness in the management of cardiovascular disease.*
- 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 our heart, vessels, and blood.*
- A probiotic supplement further supports digestion and the immune system while maintaining a healthy gut environment.*

TPP DIGEST	1-2 caps	before every meal or snack
TPP EFA 1200MG	1 gelcap	2 x day
TPP PROTEASE	1 cap	3-4 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
TPP EFA 1200MG	1 gelcap	2 x day
PUREZYME	2 caps	3-4 x day between meals
PLANTADOPHILUS	3 caps	at bedtime

Questions? 1-800-777-1474
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Additional support formulas you may want to consider for cardiovascular health. Dosages are based on therapeutic recommendations and may be decreased for maintenance protocols.

TPP PROTEASE IFC	1-2 caps	3 x day between meals
<ul style="list-style-type: none"> Highly active proteolytic enzymes and antioxidants to help regulate inflammation anywhere on or in the body.* 		
TPP LYPO	1-2 caps	after or between meals
<ul style="list-style-type: none"> For an imbalance of healthy cholesterol, this formula is designed to control excess lipoproteins such as LDL in the blood and improve the ratios of LDL/HDL.* It may also minimize the absorption of dietary cholesterol.* 		
TPP LIVER SUPPORT	1 cap	daily with meals
<ul style="list-style-type: none"> If the liver is overloaded with too many toxins, it loses its ability to eliminate cholesterol. This formula promotes liver function by removing embedded toxic materials and supporting its normal regeneration sequence.* 		
TPP GASTRO	1-2 caps	with or following meals
<ul style="list-style-type: none"> Heartburn and indigestion can be common in individuals with heart disease.* This comprehensive formulation designed to soothe GI discomfort and heal damaged mucosa is excellent for reflux, ulcers, gastritis, etc.* 		
SUPER CELLZYME	2 caps	daily
<ul style="list-style-type: none"> Vitamins play an important role in lowering the body's homocysteine levels which helps to reduce the risk of heart disease and stroke. This whole food vitamin/mineral supplement is formulated with enzymes to facilitate the absorption of these nutrients.* 		
TRANSCENDENCE™ REZEN	2 caps	1-2 x day between meals
<ul style="list-style-type: none"> Supporting the nervous system with gentle and natural ingredients can assist the body with its overt and dangerous reactions to stress.* 		
BALANCEZYME PLUS	1 cap	with every meal
<ul style="list-style-type: none"> Over time, high blood sugar can damage blood vessels and the nerves that control your heart. This formula supports blood sugar control and weight management, which can both be problematic in CVD.* 		

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