



# HEALTHY GUT

P R O G R A M\*





## 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 these for energy, growth, and repair.

## **DIGESTIVE ENZYMES**

Safely and effectively support more complete digestion of proteins, fats, and carbohydrates.\*

## **PROTEOLYTIC ENZYMES**

Systemic protease formulations support healthy circulation and immune system function.\*

## **PROBIOTICS**

A safe, non-habit forming, natural alternative for supporting healthy elimination.\*

## DIGESTIVE ENZYMES

**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?\*

**Digestive Enzymes** support 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. Digestive enzymes taken with meals promote optimal digestion, nutrient availability, and cellular health.\*



## PROTEOLYTIC ENZYMES

**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.

**Proteolytic Enzymes** provide 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\*

**Proteolytic enzymes** taken daily between meals promote oxygen flow and nutrient delivery to all of your cells, supporting both the circulatory and the immune systems.\* They are essential to your wellness program.\*



# PROBIOTICS

**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?\*

**Probiotics** 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. Our probiotics are acid stable and survive the GI tract to become live cultures, colonizing and providing health benefits to the human host.\*



# FAQ

## Frequently Asked Questions

### 1. What are enzymes?

Enzymes are energy-rich protein molecules and necessary for life. They catalyze and regulate chemical reactions, an essential part of every activity in the body. Digestive enzymes break down the food we eat, releasing vital nutrients 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. Will taking enzymes affect my natural ability to make its own enzymes?**

No. It is the presence of hormones, not enzymes, that signals for secretion of more or less enzymes. In the duodenum, secreted GI hormones are taken to the pancreas, where they communicate that digestive enzymes and sodium bicarbonate for digestion of chyme are needed. And then the complete breakdown of food causes the hormones secretin and cholecystekinin to signal the pancreas to stop secreting pancreatic juices. When you take digestive enzymes, you are not in any way, shape, or form acting on that pathway.

#### **5. 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.

## 6. 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.

## 7. 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.\*

## 8. 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.\*

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

Transformation's digestive enzyme formulas are not formulated with any dairy or wheat.

## 10. Why do I need probiotics?

Supplementation with probiotics helps maintain the beneficial bacteria in your GI tract for:

**Digestion** - Probiotics produce enzymes such as protease, lipase, and lactase to 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 for healthy, timely removal of waste.\*

## 11. 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.

## **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.\*

**Protease IFC** - This supplement is a highly effective formulation with enzymes, vitamins, minerals, and antioxidants designed to promote overall wellness for oxidative stress and is especially beneficial for supporting muscle pain and fatigue after exercise.\*

## Recommended Usage

AM

**PROTEOLYTIC  
ENZYMES**

BREAKFAST

**DIGESTIVE  
ENZYMES**

LUNCH

**DIGESTIVE  
ENZYMES**

DINNER

**DIGESTIVE  
ENZYMES**

LATE-PM

**PROTEOLYTIC  
ENZYMES**

**PROBIOTICS**

Clip off back page and take with you.





# TRANSFORMATION

THE GENESIS OF GOOD HEALTH™

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

**@TransformationEnzymes**



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.