

# Whole Food vs. Synthetic Supplements: What's the Real Difference?

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## Q&A from Live Webinar

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### Why don't synthetics have the retention of whole food supplements?

The human body was created to process nutrients from food, not isolated chemical replicas. Whole food nutrients engage receptors and transporters more effectively because the body recognizes them as nourishment, not foreign compounds. Synthetic vitamins are often isolated compounds, missing the cofactors (enzymes, phytonutrients, and trace minerals) that naturally occur in whole foods. Whole food supplements like [Super CellZyme](#) contain nutrients embedded in a food matrix, which mimics how the body expects to receive them, with supporting compounds that enhance absorption, utilization, and retention. The body may not recognize or efficiently process synthetic forms. Nutrients in whole foods also work synergistically, meaning their effects are greater when combined naturally. Synthetic versions lack that synergy, often leading to poor cellular uptake, faster excretion, and lower tissue retention. Without the cofactors needed for cellular transport and metabolism, synthetic nutrients are more likely to be excreted in the urine or stored improperly. This is why some synthetic multivitamins result in bright yellow urine, a sign of excess being eliminated rather than absorbed.

### What whole food supplement do you suggest for Vitamin D deficiency?

Super CellZyme provides supplemental Vitamin D, but for a deficiency I would start with the [Healthy Gut Program](#) and diet to get Vitamin D levels up. Then in the event I must supplement with a targeted formula, I have used Silver Fern's K2D3 product in the past as it is considered non-synthetic.

### Is there a negative effect of taking digestive enzymes long term? Will it down-regulate endogenous production of enzymes?

No, there is no negative feedback loop, and taking enzymes actually improves natural enzyme output. Learn more about this in our [Enzyme Myths & Facts](#) webinar and also in our [GLP-1](#) webinar.

## What is the source of the enzyme products? Is it aspergillus?

Transformation™ enzymes are mycelial (plant) and sourced from *aspergillus oryzae* and *niger*, primarily. We also source papain from papaya and bromelain from pineapple.

## I noticed wheat germ on one of the handouts. Which products are gluten free? Are they certified gluten free? Do you know the highest ppm?

All of Transformation's products are gluten free except for Super CellZyme because of the wheat germ. The low risk was addressed in the webinar. If someone has celiac or strong gluten sensitivity, it may be best to use an alternative whole food option. But as far as our other products, they are all gluten free and use the most sensitive testing available which is <10ppm.

## Do you find that those with histamine intolerance or MCAS tolerate whole food supplements, due to multiple ingredients in one product?

Yes, if the [Digestive System Health protocol](#) is also in place.

## Are the sources of the items in the whole food supplements all organic and tested for glyphosate, heavy metals, environmental chemicals, mold, etc?

Some ingredients are organic, some are not. It depends on availability. All are GMO free. This is where understanding the back end of supplements has helped me as a practitioner. Due to manufacturing, we have to allow flexibility in our ingredients to prevent backorders due to ingredients not being available or not passing final inspection. We obtain a COA on each batch of product we receive which states safe clearance from the additional toxins and chemicals you mentioned. If a product flags for any of those, it does not touch our warehouse and is sent back for new batch and retesting.

## Will the presentation slides be available for download?

Yes, the presentation and slides are available at [mycliniciantoolbox.com/whole-food-vs-synthetic](http://mycliniciantoolbox.com/whole-food-vs-synthetic).

## What if I have additional questions?

You can learn more about our products by visiting [TransformationEnzymes.com](http://TransformationEnzymes.com). If you have specific questions you can book a free 10-minute enzyme consultation at [calendly.com/rawlstehtec](http://calendly.com/rawlstehtec) or email [clinic@tecenzymes.com](mailto:clinic@tecenzymes.com).

## Are we able to get a recording of this webinar?

Yes, the recording is available at [mycliniciantoolbox.com](http://mycliniciantoolbox.com) for you to watch at your convenience.

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