

# Product Rationale: **KIDZ DIGEST CHEWABLE**



*Consider the following review of clinical research results on several ingredients known for their ability to support digestion and a healthy intestinal balance.*

Digesting nutrient-rich foods is one of the most important functions of the body. Optimal digestion provides fuel, energy, protection, and repair. If your philosophy toward health is to prevent, protect, and be proactive, you definitely want to give a child enzymes. For decades, Transformation's clinic has also successfully applied enzyme protocols to children with various digestive disorders such as diarrhea, constipation, colic, reflux, allergies, eczema, asthma, cystic fibrosis, and autism, to name just a few. According to the International Foundation for Gastrointestinal Disorders, 40 to 50% of appointments with a pediatrician are due to functional GI disorders. To meet the increased demand for supplements supporting improved digestion and microbiome balance for children, Transformation™ created Kidz Digest Chewable, a therapeutic enzyme solution in a berry-flavored chewable.

## FORMULA RATIONALE

Transformation's Kidz Digest Chewable includes digestive enzymes from microbial fungal sources that are safe for children with the ability to chew. They are effective and GI tract stable. This means the digestive enzymes do not require an enteric coating to survive the environment of the stomach but rather initiate digestion in the stomach and continue the digestive process in the small intestine. This is a key point because it allows maximum time for the supplemental enzymes to assist the endogenous enzymes to complete the breakdown of the carbohydrates and proteins that may be triggering immune reactions.

### **TZyme® Peptidase Blend**

Incomplete digestion of proteins found in foods containing wheat and dairy are linked to food intolerances. Dipeptidyl Peptidase IV (DPP-IV) is a proteolytic enzyme that hydrolyses the strong proline and glutamine bonds in gluten, a wheat protein. Casein is another protein like gluten, found in human milk (25-40%) and cow's milk (80%), and DPP-IV can also break down and inactivate the exorphin peptide

casomorphin from dairy. DPP-IV is considered an exo-protease, meaning it cleaves mainly the terminal bonds on an amino acid chain. It is this "exo" property that assists our endogenous enzymes and makes DPP-IV especially effective in the breakdown of proteins that are more difficult to digest. For maximal protein breakdown DPP-IV is combined with other proteases with different and less stringent peptide bond specificity. Additionally, Transformation's protease blend includes acid, neutral, and alkaline endo and exo peptidases. This comprehensive proteolytic enzyme blend assists in the digestion of all dietary proteins. The proteases work in a broad pH range making them effective for digestion in the stomach and small intestine.

### **TZyme® Polysaccharolytic Enzymes**

Kidz Digest Chewable includes the enzymes alpha-galactosidase, glucoamylase, amylase, and diastase to support digestion of complex carbohydrates. Invertase and lactase support digestion of sugars. In addition, the enzymes pectinase, cellulase, and hemicellulase break down fiber and promote the release of vital nutrients often "locked" within these chemical structures. This does not, however, negatively impact or diminish the presence of fiber necessary for proper elimination of wastes. The proprietary carbohydrase blend is acid stable and works in a wide pH range, therefore functioning throughout the GI tract.

### **Flax Seed**

A good source of many protein, fiber, omega-3 fatty acids, thiamine, and copper, nutrients that are important in the growth and development of a child. In addition, flax seed has traditionally been used for colon conditions, gastritis, bladder problems, and inflammation.

### **Lipase**

The proper digestion and assimilation of fats, essential fatty acids, and fat-soluble vitamins is crucial for the development of the brain, nervous system, and cellular

membrane integrity. The unique blend of lipolytic enzymes in Kidz Digest Chewable aids the body in the complete digestion of dietary fats.

### Probiotic

Probiotic organisms produce digestive enzymes which act to support the endogenous enzymes of the host. Probiotic bacteria are known to produce lactases, proteases, amylases, and sucrases. *Bifidobacterium infantis* is a leading probiotic to use in infants but is also beneficial for toddlers, teens, and adults. *B. infantis* provides substantial health benefits by hindering pathogen colonization through competitive exclusion. It is important for establishing and maintaining homeostasis of the intestinal ecosystem to allow for normal digestion and development.

### OTHER INGREDIENTS

Kidz Digest Chewable tablets are made of vegetable cellulose with natural sweetness from tapioca dextrose, citric acid, monk fruit extract, malic acid, and a variety of berry flavors with magnesium stearate and silica as carriers and beet juice for color.

### COMPONENT BENEFITS

Transformation's Kidz Digest Chewable is a gentle formula of effective, GI stable digestive enzymes designed to promote optimal digestion of nutrients. Each 2-tablet serving of Kidz Digest Chewable is formulated to include the following.

Tzyme™ Peptidase Blend	114 mg
(50,000 HUT and 300 DPP-IV)	
Tzyme™ Polysaccharolytic Blend	90 mg
Amylase	7,360 DU
Glucoamylase	10 AGU
Lactase	700 ALU
Diastase	666.66 DP
Alpha-galactosidase	100 GALU
Pectinase	7 Endo-PG
Invertase	100 SU
Cellulase	28 CU
Hemicellulase	25 HCU
Flax Seed	30 mg
Lipase (3,000 FIP)	11 mg
<i>Bifidobacterium infantis</i> (100 million cfu)	2 mg
Other Ingredients:	

Tapioca Dextrose  
Natural Flavors (Mixed Berry, Strawberry,  
with Other Natural Flavors)  
Modified Cellulose  
Magnesium Stearate  
Silica  
Citric Acid  
Monk Fruit Extract  
Malic Acid  
Beet Juice Color

### SUMMARY

Sometimes making healthy food choices for children is easier said than done. Kidz Digest Chewable was created as a tasty, convenient way to encourage more complete digestion and absorption of nutrients. Supplementing with the enzymes in Kidz Digest Chewable assists with the digestion of food, allowing the body's cells and tissues to absorb the resources they need for energy, growth, and repair. Supporting healthy digestion also assists in maintaining intestinal immune system support and reducing the symptoms of occasional indigestion, gas, and bloating.

### CLINICAL APPLICATIONS

- Digestive support for healthy kids
- Constipation or irregular bowel movements
- Upset stomach
- Food sensitivity and allergies
- Gluten/casein intolerance
- Immune support
- Energy and mood support
- Skin disorders

### RECOMMENDED USAGE

Children ages 4 and up: take 2 tablets with every meal or as directed by a health care practitioner.

### SAFETY / QUALITY ASSURANCE

All Transformation Enzyme® formulas are carefully prepared to assure maximum quality and nutritional effectiveness.

### MICROBIOLOGICAL EVALUATION

This product was tested and found to be NSF/ANSI compliant and absent of any traces of *E.coli*, *salmonella*, and *S.aureus*.

### PRODUCT SPECIFICATIONS

Kidz Digest Chewable is available in bottles of 90 and 180 tablets. Store tightly sealed in a cool, dry place. Keep out of reach of children.

## REFERENCES

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