



## LEAKY GUT SYNDROME

Leaky gut is an extremely common problem, but one that is poorly recognized and is rarely tested for. It occurs when the permeability of the gut wall is compromised and large spaces develop between the cells of the gut wall, allowing bacteria, toxins, and food particles to enter the bloodstream. This initiates an immune response to the pathogens as well as food proteins and leads to a chronic overstimulation of the inflammatory processes. The signs and symptoms of leaky gut are not unique, thus any signs and symptoms that look like a compromised immune system or an autoimmune disorder may be associated with a leaky gut. The benefit of digestive enzymes in the case of leaky gut syndrome is multifold.

- A digestive enzyme formula with meals will help ensure proper assimilation and bioavailability of all nutrients supporting cellular health and repair of the mucosal lining.\* Complete digestion also minimizes food intolerances and supports a healthy immune system.
- A support formula with herbs and enzymes after meals to help soothe GI discomfort and heal damaged mucosal lining of the GI tract, respiratory system, and urinary system.\*
- 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 all systems of the body.\*
- A probiotic supplement further supports digestion and a strong immune system while maintaining a healthy gut environment.\*

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TPP DIGEST	1 cap	with every meal or snack
TPP PROTEASE	1 cap	with every meal or snack
TPP GASTRO	1 cap	after every meal
TPP PROTEASE	2 caps	at bedtime
TPP PROBIOTIC 42.5 <sup>†</sup>	1 cap	at bedtime

Transformation™ offers several formulas for the “sensitive” patient.\* If needed, you may substitute:

DIGESTZYME	3 caps	with every meal
PUREZYME	1 cap	with every meal
GASTROZYME	3 caps	after every meal
PUREZYME	3 caps	at bedtime
PLANTADOPHILUS	3 caps	at bedtime

<sup>†</sup>Probiotic 42.5 is intended for short-term use as part of an enzyme therapy protocol. For maintenance / support, see Digestive System Health protocol.

Questions? 1-800-777-1474  
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Additional support formulas you may want to consider for patients with Leaky Gut.

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### SUPER CELLZYME

2 caps

daily

- Malabsorption is a common symptom of leaky gut. This whole food vitamin and mineral supplement is formulated with enzymes to facilitate the absorption of key nutrients.\*

### RELEASEZYME\*\*

1 cap

after each meal

- Chronic diarrhea and constipation from leaky gut are signs of inflammation of the intestinal walls. For those with chronic constipation, this herbal and enzyme blend will gently and effectively "jump start" the sluggish colon and take the burden of bowel toxicity off of the body.\*

### TRANSCENDENCE™ REZEN

2 caps

2 x day (at rise and mid morning)

- Elevated cortisol levels have the potential to increase gut permeability and prevent the body from reaching a para-sympathetic state. This formula is ideal for a natural approach to stress management because of its ability to feed and fortify the nervous system as a whole and regulate cortisol levels.\*

### TPP PROTEASE-CBD

1 cap

daily with a fatty meal

- CBD can influence local endocannabinoid receptors in the gut and the brain's endocannabinoid receptors which can help counter anxiety, reduce stress, improve sleep, help regularize gut motility, and therefore positively impact gut health. The "homeostatic-modulating trio" of cannabidiol, moringa, and enzymes in this formulation work synergistically to help calm the autonomic nervous system, support overall systemic health, and create a feeling of well-being.\*

### TPP PROTEASE IFC

1 cap

daily with food

- Stiff joints, aches, and pains can be a side effect of leaky gut. This unique formulation of highly active proteolytic enzymes and antioxidants is designed to help regulate inflammation anywhere in or on the body.\*

\*\*ReleaseZyme is intended for short-term use (1-3 months) during the healing process and periodical use afterwards as needed for chronic constipation.

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