



SKIN SYSTEM HEALTH

The skin is far more than a cosmetic surface – it is the body's largest organ, intricately connected to our digestive, immune, and detoxification systems. True skin health starts from within. Because skin cells renew rapidly, they need a steady supply of amino acids, fatty acids, vitamins, minerals, and antioxidants. Without optimal digestion, even the most nutrient-rich diet cannot fully deliver what the skin needs. Chronic inflammation and sluggish circulation can damage tissue, slow healing, and accelerate visible aging. Meanwhile, the gut microbiome directly influences skin health through the gut-skin axis, shaping inflammation, immune function, and barrier integrity. When digestion, nutrient absorption, and gut balance are restored, the skin receives the building blocks it needs to repair, renew, and protect itself. By starting with this foundation of digestion, systemic circulation, and microbiome health, the skin can more effectively resist environmental stress and radiate health from the inside out.*

- A broad-spectrum digestive enzyme formula taken with meals helps ensure that proteins, fats, and carbohydrates are broken down and absorbed efficiently, feeding skin cells what they need to stay resilient and hydrated.*
- A protease formula taken between meals promotes healthy blood flow, reduces systemic inflammation, and aids in the breakdown and removal of metabolic waste, supporting clear, healthy skin from the inside.*
- A probiotic supplement supports a healthy microbial balance, strengthens the immune system, and helps maintain a healthy inflammatory response, all of which are essential for a clear, vibrant complexion.*

TPP DIGEST OR CARBO-G	1 cap	with every meal or snack
TPP PROTEASE	2 caps	3 x day between meals
TPP PROBIOTIC	1 cap	at bedtime

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

DIGESTZYME	2 caps	with every meal or snack
PUREZYME	2 caps	3 x day between meals
PLANTADOPHILUS	3 caps	at bedtime

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Enzyme Therapy

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Additional support formulas you may want to consider for skin 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

- Highly active proteolytic enzymes combined with antioxidant support help regulate inflammation anywhere in or on the body, from muscles and joints to the skin's surface. By promoting healthy circulation and reducing inflammatory load, this formula supports faster recovery, tissue resilience, and overall skin vitality.*

REPAIRZYME 2 caps 2-3 x day

- For those needing help with redness, wounds, or tissue damage, this formula delivers the essential building blocks for rebuilding and strengthening muscles, bones, tendons, and connective tissue. Especially valuable for repairing stressed or injured skin, it helps restore structure and integrity from the inside out, supporting smoother, healthier, and more resilient skin over time.*

GASTROZYME (sensitive) 2 caps after meals
OR TPP GASTRO 1 cap after meals

- The gut-skin connection is powerful – when the intestinal lining is compromised, unwanted toxins and antigens can enter the bloodstream, triggering skin irritation and inflammation. This soothing blend of herbs and enzymes supports digestion while promoting the repair of the gut's mucosal lining. By helping to restore healthy gut barrier function, these formulas can reduce skin flare-ups, promote clearer skin, and support overall skin resilience.*

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