

Digestive Support Formulas

Notes on usage

These digestive support formulas promote optimal digestion, nutrient availability, and reduce food intolerances, all leading to a healthy and efficient immune system and a balanced biological terrain. The goal of digestion is nutrient availability and cellular vitality. Genetics, lifestyle, diet, processed foods, prescription drugs, and the environment all influence digestion on a daily basis. You can no longer assume eating a healthy diet will result in good nutrition of the body. Digestion must take place and every client, with or without digestive or health challenges, will benefit from one of these digestive formulas.

How does better digestion impact overall health?

- Optimal nutrient acquisition from food results in more nutrients available to the cell for better metabolism and energy production. The health and vitality of the cell is a priority.
- Reduced oxidative stress and slower aging (damage of the cells).
- Helps support a strong immune system that maintains its focus on fighting infections and disease.
- Complete digestion of food molecules reduces food intolerances. There are fewer undigested particles released, thereby reducing the risk of toxins or triggers for allergies.

General Indications

- Preventive Health and Wellness
- Food Intolerances / Allergies / Leaky Gut
- Gall Bladder / Liver Stress
- Fatigue / Hormone Imbalances
- Constipation, Diarrhea
- Mal-absorption
- Inflammatory Bowel Disorders
- Weakened Immune System
- Pancreatic Insufficiency
- Skin Issues
- Indigestion / Acid Reflux / Gas (e.g., burping, belching, and flatulence)

General Information

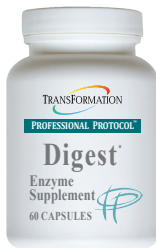
- Vegetarian and contain no known dairy, gluten, or soy
- In vegetable capsules that easily pull apart for those who cannot swallow a capsule, also available in a chewable tablet form
- Safe during pregnancy and lactation and safe for children
- Safe for pets

Dosing

- Transformation™ recommends taking digestive enzymes at the beginning of the meal (with the first bite) in order to provide maximum digestive support throughout the digestive process.
- However, if one forgets to take the enzymes at the beginning of the meal, it is recommended to take them when you remember.
- The recommended usage listed on the bottles is maintenance dosage. For therapeutic dosage, more may be taken based on need.



Digestive Formulas



Ingredient	Digest	DigestZyme	Kidz Digest	Kidz Digest	Carbo-G	LypoZyme
Protease	55,131 HUT	66,500 HUT	50,000 HUT	48,800 HUT	47,104 HUT	20,000 HUT
Lipase	7,518 FIP	1,000 FIP	3,000 FIP	3,200 FIP	340 FIP	6,250 FIP
Amylase	20,000 DU	12,200 DU	7,364 DU	6,105 DU	3,495 DU	5,000 DU
Cellulase	295 CU	1,320 CU	28 CU	800 CU	60 CU	
Diastase	168 DP°	500 DP°	667 DP°	300 DP°	42 DP°	
Lactase	610 ALU	800 ALU	700 ALU	400 ALU	140 ALU	
Invertase	56 SU	200 SU	100 SU	200 SU	14 SU	
Pectinase	14 endo-PGU		7 endo-PGU	7 endo-PGU	30 endo-PGU	
Hemicellulase	28 HCU		25 HCU		60 HCU	
Glucosylase	25 AGU		10 AGU		12 AGU	
Alpha-galactosidase	438 Gal U		100 Gal U		525 Gal U	
Phytase	42 FTU				90 FTU	
Protease DPP-IV			300 DPP-IV	300 DPP-IV	500 DPP-IV	
Protease 3.0	11 SAPU				2 SAPU	
Macerase	400 CU					
Beta-glucanase	25 BGU					
Artichoke extract					7 mg	
Fennel					20 mg	
Flax seed			30 mg		11 mg	
Ginger					15 mg	
Peppermint					10 mg	
Sunfiber® AG				66 mg		
<i>B. infantis</i>			100,000,000 cfu	1,000,000,000 cfu	250,000,000 cfu	
<i>L. acidophilus</i>		200,000,000 cfu				
<i>B. longum</i>		60,000,000 cfu				

total per 1 capsule serving size

total per 2 capsule serving size

total per 2 chewable tablet serving size

total per 1/16 tsp serving size

total per 1 capsule serving size

total per 1 capsule serving size

FAQ's

What are digestive enzymes?

Digestive enzymes support proper digestion and absorption of nutrients. Optimal digestion results in nutrient availability, delivery, and absorption for cellular function and repair. Do you feel bad after you eat? Do you experience digestive discomfort, indigestion, or food sensitivities? 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.

Where do supplemental enzymes come from? Are they safe?

Transformation™ uses mycelial (fungal) enzymes derived from the fermentation of non-toxic strains

THIS INFORMATION IS INTENDED FOR HEALTH PROFESSIONALS ONLY AND SHOULD NOT BE COPIED OR RE-DISTRIBUTED.

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.

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.

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.

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.

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.

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.

- Digest is a therapeutic formula to help digest carbohydrates, proteins, and fats
- DigestZyme is a gentle blend of enzymes and probiotics for sensitive individuals
- Kidz Digest as chewable tablets or in powdered form is an enzyme formula that includes DPP-IV and probiotics
- Carbo-G includes probiotics, herbs, and DPP-IV for help digesting gluten and casein
- LypoZyme is high in lipase especially to aid in the digestion of fats

DIGEST

Transformation's most comprehensive
"therapeutic" digestive formula with the
highest lipase

Provides the specific enzymes needed to digest the carbohydrates, proteins, and fats common to the human diet. This high lipase formula is especially beneficial to those with imbalances related to poor fat digestion and absorption.

Product Highlights

- 55,131 HUT + 11 SAPU protease for complete protein digestion and absorption of amino acids
- 7,518 FIP lipase for digestion of fats and absorption of fatty acids
- 12 polysaccharolytic enzymes for digestion of all forms of carbohydrates or complete digestion of starch, sugar, and fiber
- Digestive enzymes only, no probiotics or herbs

SUPPLEMENT FACTS		
Serving Size 1 Capsule		
Amount Per Serving	% Daily Value	
Tzyme™ Protease Blend (Protease and peptidase) (55,131 HUT + 11 SAPU)	67 mg	†
Lipase (7,518 FIP)	24 mg	†
Tzyme™ Polysaccharolytic Blend	301 mg	†
Amylase	20,000 DU	†
Phytase	42 FTU	†
Glucoamylase	25 AGU	†
Alpha-galactosidase	438 Gal U	†
Macerase	400 CU	†
Beta-glucanase	25 BGU	†
Lactase	610 ALU	†
Pectinase	14 endo-PGU	†
Cellulase	295 CU	†
Diastase	168 DP*	†
Invertase	56 SU	†
Hemicellulase	28 HCU	†

† Daily Value not established

Other Ingredients: Vegetable Capsule (Hyppromellose, Water), Calcium Citrate

Clinical Applications

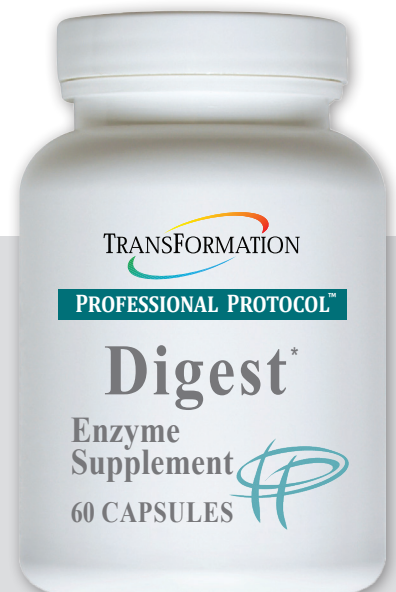
- Wellness and prevention
- Inability to digest FAT, CHO, PRO
- Pregnancy/lactation
- SIBO/candida
- Support after gall bladder removed
- Cardiovascular health
- Bloat, indigestion, reflux
- Weight management
- Hormone imbalances
- Skin conditions
- Conditions that challenge major organ systems
- Pancreatic insufficiency
- Chronic health challenges

For Your Information

- The most therapeutic and comprehensive digestive formula, the best choice for patients with chronic or serious health challenges. The enzymes are selected to cover all pH ranges of the digestive process, and the lipases and proteases in this formula work without bile or HCl.
- May be used by anyone – adult, child, pregnant, or lactating.
- GI/GB intolerance may arise when first taking a therapeutic digestive formula, a probiotic with the meal can ease this transition.
- May be given to be chewed by pets with digestive or other health challenges. If opening the capsule, mix with small amount of water or food to prevent pet from sneezing or coughing from the powder.

Dosage

- Maintenance: 1 capsule with every meal
- Therapeutic: 2 capsules at the beginning of every meal, or 1 cap may be taken at the beginning and 1 cap at the end of the meal
- More may be taken as needed for digestive discomfort
- Capsules may be pulled apart and mixed in a small amount of tepid water and/or mixed with first bite of food



DIGESTZYME

Transformation's "original" digestive formula: gentle and soothing to the gastrointestinal tract

This gentle blend of enzymes and probiotics supports the digestion of carbohydrates, proteins, and fats. Ideal for those who have a sensitive gut and experience GI discomfort or extreme food, chemical, or environmental sensitivities.

Product Highlights

- Complete protein, fat, and carbohydrate digestive support for sensitive people
- Protease: 33,250 HUT per cap for protein digestion
- 5 Polysaccharolytic enzymes for digestion of starch, sugar, fiber, and lectins
- Lipase for fat digestion
- Probiotics to enhance tolerance and support digestive comfort, the mucosal lining, and immunity
- Enzymes and probiotics only
- Smaller capsule

SUPPLEMENT FACTS		
Serving Size 2 capsules		
Amount Per Serving	% Daily Value	
Tzyme™ Enzyme Blend	300 mg	
Protease	66,500 HUT	†
Amylase	12,200 DU	†
Diastase	500 DP ^a	†
Cellulase	1,320 CU	†
Lactase	800 ALU	†
Lipase	1,000 FIP	†
Invertase	200 SU	†
<i>Lactobacillus acidophilus</i> (200,000,000 cfu)	1 mg	†
<i>Bifidobacterium longum</i> (60,000,000 cfu)	0.6 mg	†
† Daily Value not established		

Other Ingredients: Vegetable Capsule (Hypromellose, Water), Rice Bran Extract

Clinical Applications

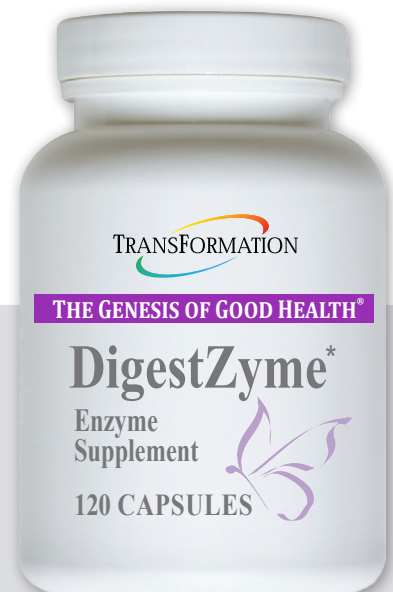
- Wellness and prevention
- Sensitive GI tract
- Bowel integrity
- Intestinal health
- Weak constitution
- Gall bladder stress
- Nausea / vomiting
- Burping / belching / indigestion
- Chemical / environmental sensitivities
- Frequent infant fussiness

For Your Information

- Best choice for "GUT sensitive" patients (IBS, frequent nausea, intolerance to Rx/supplements).
- Small capsule is easily tolerated, excellent for children—can be chewed, or opened and mixed with a small amount of tepid water.
- May be taken during pregnancy and lactation, and is excellent for nausea during pregnancy.
- Probiotics are in this formula to support digestive discomfort and should not be considered as a replacement for a daily probiotic.
- Probiotics do not require refrigeration for their purpose in this.
- While *L. acidophilus* (DDS-1) is grown on milk, it does not contain casein or lactose and actually helps to reduce lactose intolerance.
- May be given to pets—best to mix with small amount of food as powder can be inhaled and cause sneezing/coughing.

Dosage

- Maintenance: 2 capsules at the beginning of every meal
- Therapeutic: 3-4 capsules at the beginning of every meal
- Add 1-2 capsules LypoZyme with DigestZyme dosage for sensitive patients that need additional lipase



KIDZ DIGEST

CHEWABLE

Transformation's
chewable digestive
formula with DPP-IV

This formula supports the digestion of carbohydrates, fats, and proteins including gluten and casein. These small, easy-to-dissolve tablets are ideal for kids who refuse to take pills or capsules and will only accept a chewable that tastes good.

Product Highlights

- Chewable tablets
- Proteases for protein digestion include DPP-IV for gluten and casein
- Polysaccharolytic enzymes for carbs, starches, sugars, fiber reduces gas/bloating
- Flax seed supplies EFAs
- Lipase for fat digestion, which is critical for growth and brain development
- *B. infantis* is a probiotic for healthy gut flora
- Less than 1 gm fructose and xylitol for sweetness

SUPPLEMENT FACTS		
Serving Size 2 tablets (45/90 per bottle)		
Amount Per Serving	% Daily Value	
Total Carbohydrates	<1 g	<1%†
Total sugars	<1 g	**
includes <1 g added sugar		1%†
Sugar alcohols	<1 g	**
Peptidase Blend (50,000 HUT and 300 DPP-IV)	114 mg	**
Polysaccharolytic Blend (Amylase, Glucoamylase, Lactase, Diastase, Alpha-galactosidase, Pectinase, Invertase, Cellulase, Hemicellulase)	90 mg	**
Flax Seed	30 mg	**
Lipase (3,000 FIP)	11 mg	**
<i>Bifidobacterium infantis</i> (100 million cfu)	2 mg	**

† Based on a 2,000 calorie diet

** Daily Value not established

Other Ingredients: Fructose, Xylitol, Natural Flavors (Mixed Berry and Strawberry with Other Natural Flavors), Vegetable Cellulose, Magnesium Stearate, Silica, Citric Acid

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

For Your Information

- Digestive enzymes with meals can be used as a preventive or intervention strategy for an array of pediatric conditions due to the significant impact the digestive system has on overall health.
- *B. infantis* is the main strain missing in a developed nation's babies due to increased numbers of c-sections, antibiotics, and formula feeding. This strain is critical for proper digestion of mother's milk.
- The EFAs in flax seed help build cells, absorb nutrients, build immunity, strengthen the cardiovascular system, and are necessary for healthy brain function and vision.
- This formula contains "other ingredients" which are necessary in order to produce a chewable tablet

Dosage

- 2 chewable tablets at the beginning of each meal. This product is only appropriate for those on solid foods with sufficient ability to chew. Recommended age is generally 2 and up.



KIDZ DIGEST

POWDER

Transformation's non-encapsulated digestive formula with DPP-IV and probiotic

This combo formulation supports the digestion of carbohydrates, fats, and proteins including gluten and casein. This product was designed for babies but can be taken by older children and adults

Product Highlights

- Polysaccharolytic enzymes for digestion of all carbs: starches, sugars, fiber
- Protease: 48,800 HUT and 300 DPP-IV for protein, gluten, and casein digestion
- Lipase: 3,200 FIP for fat digestion
- Probiotic for healthy gut flora
- No added sugar/artificial colors

SUPPLEMENT FACTS		
Serving Size 1/2 scoop (1/16 tsp)		
Amount Per Serving	% Daily Value	
Tzyme™ Enzyme Blend (Amylase, Protease, Dipeptidyl Peptidase IV, Lipase, Lactase, Pectinase, Diastase, Invertase, Cellulase)	168 mg	†
<i>Bifidobacterium infantis</i>	1 billion cfu	†
Sunfiber® AG	66 mg	†
† Daily Value not established		

Other Ingredients: Rice Bran Extract

Clinical Applications

- Gluten/casein intolerance
- Lactose intolerance
- Babies unable to consume mothers milk
- Food sensitivity/allergy
- Cramp/gas/bloat/colic
- Irregular bowel movements (constipation/diarrhea)
- Patients unable to swallow or fed via a feeding tube

For Your Information

- Designed for infants and toddlers, but can be taken by those who are unable to swallow capsules
- Dual action relief: powerful digestive enzymes for breaking down food work synergistically with the prebiotics and probiotics to promote digestive function and microbiome balance
- Pre and probiotic support with *B. infantis*, the primary strain needed in infants digestive tract, and Sunfiber®, a soluble fiber that helps maintain digestive health and microbiome balance without the excess gas or bloating associated with other fibers
- Seeding infants with the appropriate HMO-metabolizing bacteria helps ensure the correct immune and microbiome trajectory
- Gut barrier support promotes production of short-chain fatty acids
- Keep refrigerated when possible to maintain probiotic stability
- May be given to pets via syringe or mixed with small amount of wet food

Dosage

- 1/2 scoop mixed in a tablespoon of tepid water just prior to meals, mixed with first bite of food, or made into a paste with a few drops of water and swabbed into the inner cheek at feedings
- Do not sprinkle on large amounts of food
- If baby is "fussy," administer soon after feeding



CARBO-G

A complete digestive formula
to assist those with gluten and
dairy intolerance

This unique formula assists with the digestion of complex carbohydrates found in grains, legumes, and fibers. It includes a protease blend with DPP-IV necessary for gluten and dairy digestion and probiotics and herbs to soothe the GI tract.

Product Highlights

- Total protease activity approx. 47,104 HUT plus 500 DPP-IV specifically for gluten & casein digestion
- Brush border enzymes to digest all types of carbs including grains, legumes, fiber, and starch
- Herbs to support digestion
- 250 million cfu *B. infantis* (probiotic) specifically shown to support those with gluten sensitivities and related inflammation and to kill unwanted bacteria

SUPPLEMENT FACTS		
Serving Size 1 Capsule		
Amount Per Serving	% Daily Value	
Tzyme™ Enzyme Blend	373 mg	
Protease Blend (endo/exo proteases) (47,104 HUT / 500 DPP-IV)	205 mg	†
Phytase	90 FTU	†
Amylase	3,495 DU	†
Alpha-galactosidase	525 GalU	†
Glucoamylase	12 AGU	†
Pectinase	30 endo-PGU	†
Lipase	340 FIP	†
Lactase	140 ALU	†
Protease 3.0	2 SAPU	†
Cellulase	60 CU	†
Hemicellulase	60 HCU	†
Invertase	14 SU	†
Diastase	42 DP°	†
Herbal Blend	63 mg	†
Fennel (seed), Ginger (rhizome), Flax seed, Peppermint (leaf), Artichoke (leaves) extract		
<i>Bifidobacterium infantis</i> (250 million cfu)	6 mg	†
† Daily Value not established		

Other Ingredients: Vegetable Capsule (Hydroxypropylmethylcellulose, Water)

Clinical Applications

- Gluten intolerance
- Support for complications associated with celiac
- Support for complications associated with autism
- Dairy intolerance
- Food sensitivities
- Digestive wellness

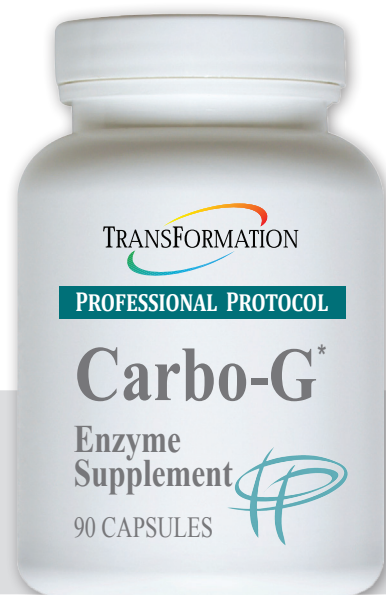
In general, herbal formulas are not recommended during pregnancy and lactation or for children 12 years or younger. Each case should be assessed on an individual basis and the practitioner, along with the patient, may use their professional judgment and decide to use it.

For Your Information

- This is a comprehensive digestive enzyme formula that addresses the breakdown of difficult to digest carbohydrate-protein combinations such as endosperm and gluten in wheat and lactose and casein in dairy products
- Fennel and peppermint support bloat and abdominal pain, ginger and artichoke help with nausea and cramping, and flax seed helps lubricate the system and provide EFAs
- For children unable to swallow capsules, use Kidz Digest chewable tablets with DPP-IV
- During pregnancy or lactation, Digest and Protease is preferable to Carbo-G

Dosage

- 1 capsule at the beginning of every meal or snack
- More may be taken as needed for digestive discomfort



LYPOZYME

Transformation's
second highest lipase
formula

This is a digestive formula high in lipase and aids in the digestion of fat, carbohydrates, and proteins and is ideal for those following a higher fat, lower carbohydrate lifestyle.

Product Highlights

- Digestive enzymes only
- Amylase – 5,000 DU
- Lipase – 6,250 FIP
- Protease – 20,000 HUT
- Small cellulose capsule

SUPPLEMENT FACTS		
Serving Size 1 Capsule		
Amount Per Serving	% Daily Value	
Enzyme Proprietary Blend	100 mg	†
Amylase	5,000 DU	†
Lipase	6,250 FIP	†
Protease	20,000 HUT	†
† Daily Value not established		

Other Ingredients: Vegetable Capsule (Hypromellose, Water)

Clinical Applications

- Gall bladder stress (sensitive patient)
- Promote absorption of EFAs
- Additional support for:
 - Fat digestion
 - Cardiovascular health
 - Weight reduction
- Excellent for those adhering to a Keto lifestyle

For Your Information

- This is a good addition to other digestive formulas when extra focus is needed for fat digestion or fat imbalances
- Very well tolerated
- Simple digestive formula containing only 3 enzymes

Dosage

- Maintenance: 1 capsule with every meal
- Therapeutic: 1-2 capsules with every meal (may be combined with DigestZyme to aid fat digestion for those with a sensitive GI tract)
- 1-2 capsules between meals with a protease formula for cardiovascular health
- 2-3 LypoZyme with 2-3 BalanceZyme Plus may increase effectiveness of weight loss program
- 1-2 capsules taken with EFAs to promote absorption and tolerance

