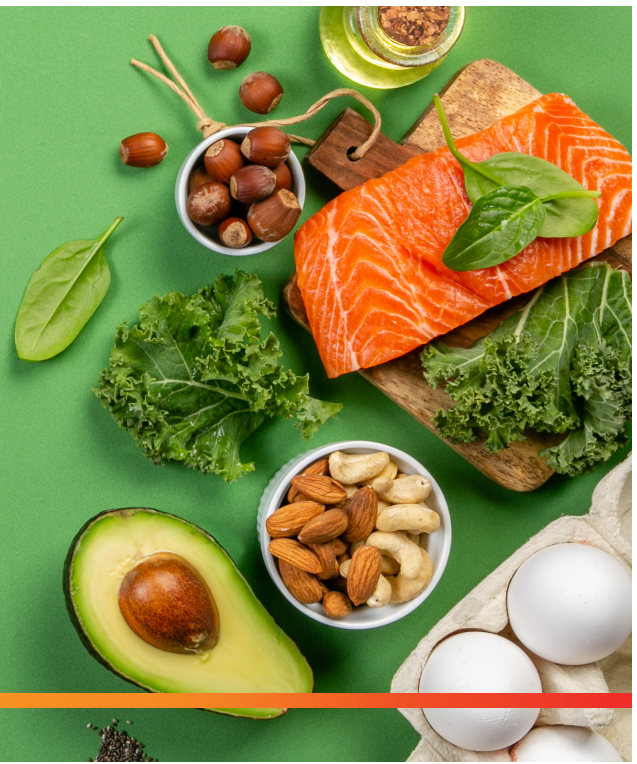


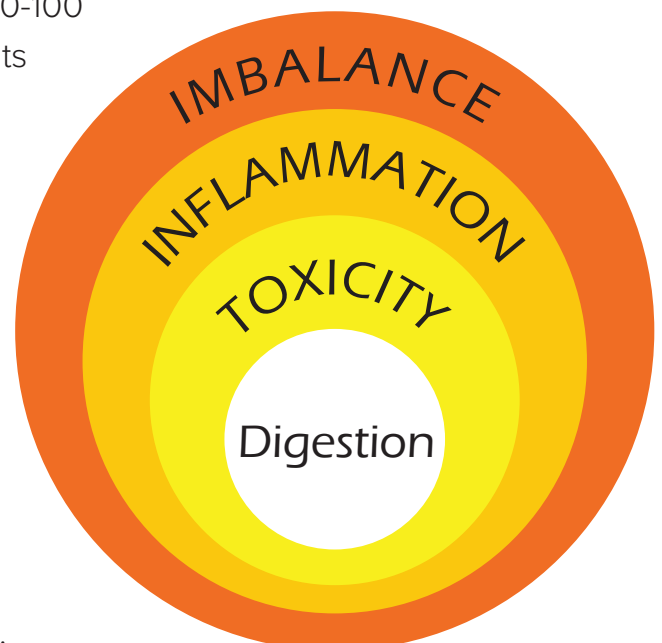
How Do Enzymes Support the Keto Diet?



You may have heard the expression “you are what you eat.” The truth is, you are *not* what you eat — you are what you *digest, assimilate, and fail to eliminate.*

The “ripple effect” illustration seen here is an easy way to see how the food you eat and the way your body handles it is affecting your health. When you eat, the foods should be digested into nutrients, and those nutrients are delivered to every cell of your body. You have anywhere from 50-100 trillion cells, and every one of them needs nutrients and oxygen to survive and perform its function.

On the other hand, if you are not digesting nutritious foods, your body and health will suffer. What does that look like when you are not breaking down healthy foods? It means you are actually damaging the lining of the GI tract and supplying the body with toxins and chemicals that damage the cell, interfere with cellular function, and eventually destroy the cell. When enough cells are affected and there is not enough nutrition to repair the cells, inflammation takes place.



Inflammation is your immune system responding to the damage or the presence of something foreign or unfamiliar in the body. The inflammation is your immune system protecting you and trying to remove the unhealthy cells. And when the inflammation continues with no relief, those affected cells, tissues, and organs are now considered “diseased.”

How Do You Reverse the Ripple Effect of Poor Digestion?

That is the good news – gut dysfunction can be corrected and many if not all of the signs and symptoms of toxicity and inflammation can be improved or eliminated. Reversing the ripple effect of poor digestion means supporting the digestive process and replacing the beneficial bacteria. We must ensure optimal and complete digestion or even the healthiest of foods will continue to cause problems.

Supplementing with digestive enzymes is a vital part of the nutrient acquisition process, and Transformation’s **Healthy Gut Program** is the perfect introduction to digestive enzymes, proteolytic enzymes, and probiotics!*

- Transformation’s Professional Protocol™ **Digest** is our our comprehensive, therapeutic digestive support formula.* These digestive enzymes support immune system health by encouraging more complete digestion of proteins, carbohydrates, and fats for increased absorption and availability of nutrients.*
- Transformation’s Professional Protocol™ **Protease** formula is our most therapeutic blend of proteolytic enzymes.* Proteolytic enzymes promote systemic balance for natural support of the cardiovascular system for supporting muscular health, immune system health, urinary health, and healthy elimination.*
- Transformation’s Professional Protocol™ **Probiotic** formula includes 6 strains and 5 billion cfu per capsule along with lactoferrin and a prebiotic. Probiotics are the beneficial bacteria that play a vital role in detoxifying the body, helping to balance the pH and maintain a healthy intestinal environment.*

Additional Support for the Keto Diet

- Transformation’s **Super CellZyme** is a whole food vitamin and mineral supplement formulated with enzymes to facilitate the absorption of these nutrients. This formula is especially beneficial for individuals on a limited diet or otherwise experiencing malnutrition, low energy, or stress.*
- Transformation’s **ReleaseZyme** is uniquely formulated with natural nutrients to assist the body in the elimination of waste.* This formula is designed for support of bowel

toxicity in the form of occasional constipation, occasional bowel irregularity, and support of a colon cleanse or detox program.*

- Transformation's **ExcellZyme** is an enzyme supplement with herbs that supports the kidneys, liver, and hypothalamus for balancing and energy.* This unique formula helps oxygenate red blood cells for improved energy and mental clarity.* The result is a powerful yet natural form of nutritional support for mental and physical energy without giving the "nervous" feeling of typical stimulants.*
- Transformation's **LypoZyme** is a digestive support formula high in additional lipase which is the enzyme that aids in the digestion of fats.* This very well tolerated product is a good addition to other digestive formulas when extra focus is needed for fat digestion or fat imbalances.*



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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.