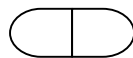




# TerraZyme™

## Digestive Enzyme Complex



Made with SLS-free vegetable capsules

### Product Description

dōTERRA's TerraZyme™ Digestive Enzyme Complex is a proprietary blend of active whole-food enzymes and supporting mineral cofactors that are often deficient in cooked, processed, and preservative-laden foods. TerraZyme's powerful combination of digestive enzymes support the body's constant production of enzymes critical for healthy biochemical functions throughout the body including healthy digestion of food nutrients and cellular metabolism of nutrients to energy. TerraZyme includes a variety of whole-food enzymes that help with digestion of proteins, fats, complex carbohydrates, sugars and fiber.

### Concept

Enzymes are specialized proteins that function as catalysts in almost all cellular functions and chemical reactions throughout the body. Enzymes play a critical role in growth, healing, and reproduction. They are also necessary for breathing, thinking, immune function, hormone regulation, detoxification, and thousands of other biochemical functions. Enzymes are also necessary for digesting food nutrients and converting nutrients to energy in cells.

Enzymes can originate inside and outside the body. Endogenous enzymes are produced in the body and can be classified as metabolic enzymes and digestive enzymes. Metabolic enzymes are active in blood, tissues, and organs. Digestive enzymes are excreted by the liver and pancreas and help the body convert food to usable nutrients. Exogenous enzymes are enzymes originating outside the body and are classified as food enzymes. Food enzymes are found in raw, unprocessed foods and help break down nutrients during digestion.

The body's ability to constantly produce metabolic and digestive enzymes is limited by raw material availability and production capacity. If our diets do not include sufficient food enzymes to break down the food we eat, our body's endogenous enzyme resources must be directed towards the production of digestive enzymes to speed conversion of food to

bioavailable nutrients. Production capacity directed towards the production of digestive enzymes is capacity not available for the production of important metabolic enzymes.

The body's constant need to produce digestive enzymes can result in chronic deficiencies in metabolic enzymes that are critical for optimal health and cell function. One example of an important metabolic enzyme is superoxide dismutase (SOD) which protects cells from free-radical molecules. Metabolic enzymes are also necessary for energy production, tissue growth and repair, and managing toxic waste products. When we eat foods that are rich in food enzymes, our bodies can use fewer resources to produce digestive enzymes and have more capacity to create optimal levels of metabolic enzymes.

Chronic enzyme deficiencies have been associated with numerous sub-optimal health conditions including gastrointestinal disease, yeast infections, osteoporosis, chronic fatigue, compromised immune system, obesity, diabetes, and heart disease among other degenerative conditions.\*

### *Food Enzyme Deficiencies*

Fresh, raw foods naturally contain sufficient enzymes for proper digestion in the body. However, when food is cooked and processed, these naturally occurring food enzymes can be destroyed. The pasteurization, sterilization, radiation, preservation, freezing, and microwaving of our modern food supply can render food enzymes inactive or alter their structure so much that they become useless to the body. Food processing can also remove important vitamin and mineral cofactors of enzymatic chemistry in the body.

We can reduce the internal demand for production of digestive enzymes in our body by increasing the amounts of fresh, raw foods in our diets. Some experts suggest a healthy diet would include at least 60 percent of food nutrients coming from fresh, raw foods—a good goal but not always practical in our modern lifestyles. Using a whole-food supplement of food enzymes is a more convenient way to guarantee sufficient enzymes in the foods we eat.

### *dōTERRA's TerraZyme™ Digestive Enzyme Complex*

dōTERRA's TerraZyme is a proprietary blend of eight active whole-food enzymes that are often deficient in cooked, processed, and preservative-laden foods. TerraZyme includes a variety of whole-food enzymes that help with digestion of proteins, fats, complex carbohydrates, sugars, fiber, and other food nutrients. TerraZyme also includes a patented Enzyme Assimilation System of whole-food minerals that are necessary cofactors for enzymatic activity throughout the body.

TerraZyme's powerful combination of whole-food enzymes support optimal health by promoting more efficient digestion of food nutrients and by reducing the demand for internal production of digestive nutrients thus freeing resources for optimal levels of metabolic enzyme production and activity. TerraZyme can also be used as targeted support for specific food intolerances of proteins, fats, and carbohydrates such as lactose.

TerraZyme is safe to use with every meal, every day by all members of the family. It includes dōTERRA's Tummy Tamer Blend of peppermint, ginger, and caraway seed extracts to promote gastrointestinal comfort for those using TerraZyme for targeted digestive health.

Enzyme	Activity
Protease	Breaks down protein to peptides and amino acids.
Amylase	Breaks down carbohydrates, starches, and sugars.
Lipase	Breaks down fats and oils to be absorbed in the intestine.
Lactase	Breaks down lactose that is found in milk sugars.
Alpha Galactosidase	Breaks down complex polysaccharide sugars found in legumes and cruciferous vegetables that can cause bloating and gas.
Cellulase	Breaks down fiber to help digest fruits and vegetables.
Maltase	Breaks down maltose sugars to glucose for energy.
Sucrase	Breaks down sucrose to fructose and glucose for energy.

## Primary Benefits

- Supports healthy digestion and metabolism of enzyme-deficient, processed foods\*
- Speeds conversion of food nutrients to cellular energy\*
- Promotes gastrointestinal comfort and food tolerance\*
- Supports healthy production of metabolic enzymes\*
- Provides important mineral co-factors for systemic enzymatic activity\*

## What Makes This Product Unique?

- Proprietary blend of eight active whole-food enzymes
- Patented† Enzyme Assimilation System of essential whole-food mineral cofactors including 72 trace minerals
- dōTERRA Tummy Taming Blend™ of peppermint, ginger, and caraway seed
- Whole-food formula made with sodium lauryl sulfate-free HPMC vegetable capsules
- Safe to use by everyone in the family

## Who Should Use this Product?

TerraZyme is formulated for use by all members of the family desiring supplemental whole-food enzymes. TerraZyme is an excellent product for individuals with specific food intolerances resulting from digestive enzyme deficiencies. TerraZyme is an excellent addition to dōTERRA's monthly Lifelong Vitality supplement program of Alpha CRS+™, xEO Mega™, and Microplex VMz™.

## Directions for Use

Take one to three vegetable capsules with meals throughout the day. If your meal includes lots of fresh, raw foods, take one capsule. If your meal includes highly processed, cooked foods or contain food products known to cause specific GI discomfort, take two to three capsules with meal.

### Cautions

Some people may experience an initial change to digestive schedule and function when they begin using enzyme supplements. For most people, these symptoms are mild and should disappear after a few days. Pregnant or lactating women and people with known medical conditions should consult a physician before using. Does not contain wheat or milk products. Does not contain ingredients made from animal products.

**TerraZyme™ Digestive Enzyme Complex**  
90 HPMC Vegetable Capsules

**Item code: 3511**

**Consultant price: \$37.50 (37.50 PV)**

Preferred customer: \$41.25

Retail customer: \$50.00

## Supplement Facts

Serving Size: 3 vegetable capsules

Servings per Container: 30

Amount Per Serving		% DV
Protease (Aspergillus)	75,000 HUT	*
Amylase (Aspergillus)	24,000 SKB	*
Lipase (Rhizopus)	12,000 LU	*
Lactase (Aspergillus)	600 ALU	*
Alpha Galactosidase (Aspergillus)	300 GALU	*
Cellulase (Trichoderma)	300 CU	*
Maltase (Barley Malt)	300 DP	*
Sucrase (Saccharomyces)	300 SU	*
Betaine HCL	30 mg	*
Patented† Enzyme Assimilation System:	156 mg	*
Coral Calcium, Magnesium yeast, Manganese yeast, Zinc yeast, 72 organic trace minerals		
Tummy Tamer™ Blend:	420 mg	*
Peppermint leaf, Ginger root, Caraway seed		

\* Daily Value not established † US patent #7235390

Other Ingredients: Vegetable hypromellose, vegetable cellulose.

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

†US patent #7235390