



TRANSFORMATION

# Enzyme Nutrition

## MUSCULAR SYSTEM HEALTH

The muscular system is an intricate network of elongated fibrous cells that form three types of muscle groups – skeletal, smooth, and cardiac. Our muscles are responsible for producing movement, maintaining posture, and generating heat, which is a result of constant contraction and relaxation of muscles stimulated by nerve impulses. Skeletal muscles allow us to walk and talk, smooth muscles maintain movement of our internal organs and glands, and cardiac muscle keeps the heart beating. The health of this system's structure and function is vital to the health of the body as a whole. Transformation's enzyme and nutrition formulas are designed to promote optimal growth, repair, and performance of the muscular system.\*

- A digestive enzyme formula with meals will help ensure proper assimilation and bio-availability of all nutrients and amino acids supporting muscular health, function, and repair.\*
- A probiotic supplement further supports digestion and the immune system while maintaining a healthy gut environment.\*
- A protease formula between meals will help promote optimal blood flow and delivery of oxygen and nutrients to the muscles as well as help manage inflammation, providing proactive support to your body's natural recovery and healing process.\*

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TPP DIGEST*	1 cap	with every meal or snack
TPP PROTEASE IFC*	1 cap	2 x day between meals
TPP PROBIOTIC	1 cap	at bedtime
REPAIRZYME*	1 cap	2 x day

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

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

We have additional support formulas for cellular nutrition, energy production, and inflammation control.\* Please see our catalog for synergistic formulas in the Muscular System.

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