



## Digestive Health Support PrepZymes

The nine cultured enzymes, papaya fruit and garlic leaf powder in PrepZymes target the break down of protein, carbohydrates, fats, etc. for thorough digestion and nutrient assimilation.



Roughly 70 million Americans and 20 million Canadians are affected by digestive disorders on an annual basis.

[bit.ly/USDigestiveDisorders](http://bit.ly/USDigestiveDisorders)  
[bit.ly/CADigestiveDisorders](http://bit.ly/CADigestiveDisorders)

### PrepZymes' Cultured Enzymes

The word "cultured" is not always defined as having good taste, manners, upbringing or an education. The cultured enzymes in PrepZymes means that they have been cultivated, strained off and purified to remove any remaining bacteria, fungi or yeasts. It also means PrepZymes' enzymes are active in both acidic and alkaline environments, so they remain digestively effective.

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Foods that are not being properly digested indicate that their sources of vitamins, minerals and other nutrients are not fully utilized and literally going to waste. With its unique formulation, PrepZymes boosts the presence of enzymes to support food digestion.

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**GAS, BLOATING AND ABDOMINAL PAIN MAY BE SYMPTOMS OF A DIGESTIVE ENZYME DEFICIENCY.**



Growing food crops in depleted soil and irradiating foods reduces enzyme levels that would otherwise be normally present. Naturally occurring enzymes in food can also be degraded during preparation, cooking and processing. PrepZymes is a dietary supplement that can help correct enzyme imbalances in all forms of food.

All of the festive feasts enjoyed during the holiday season can use the extra support of PrepZymes: digestive help at any meal...*any time of the year.*





Your digestive system depends on digestive enzymes: proteins that break down food into nutrients and energy. Undigested food can cause a variety of health problems, including bloating, constipation, gas, headaches and toxin and waste buildup in the colon.



**PrepZymes** contains valuable cultured enzymes, which are active in both acidic and alkaline environments.

### 3 Key Digestive Enzymes and Their Actions:

- 1 **Protease** breaks down protein into amino acids
- 2 **Lipase** breaks down fat into fatty acids
- 3 **Amylase** breaks down carbohydrates into glucose

PrepZymes contains all 3 **plus** cellulase, lactase, maltase, invertase, alpine wild garlic and papaya fruit.

Helping to break down proteins, papain is a plant enzyme found in the tropical fruit papaya, which Christopher Columbus called the fruit of the angels.



### Proteolytic Enzymes May Do More Than Break Down Protein

Studies have shown they may help to:

- decrease inflammation
- promote healing
- reduce muscle pain

One capsule of PrepZymes before or during a meal helps to **boost your digestive system and overall health.**



## Digesting with PrepZymes

Whatever type of nutrition you ingest, PrepZymes is up to the task of helping to break it all down for you: carbohydrates, dairy, fats, fiber, grains, protein, sugar, etc. Its diverse, digestive enzymes are all-food effective!

## Cultured Enzymes

Protease  
Amylase  
Lipase  
Cellulase  
Lactase  
Maltase  
Invertase

### The Enzyme Basics

Although enzymes are present in all things that are alive, these protein molecules are *not* living things.

Think of them as essential tools for chemical reactions in the body, including muscle contraction, metabolism and digestion. Active as enzymes are, there's no life in them even though *you* can't live without them.



### Prepare with PrepZymes

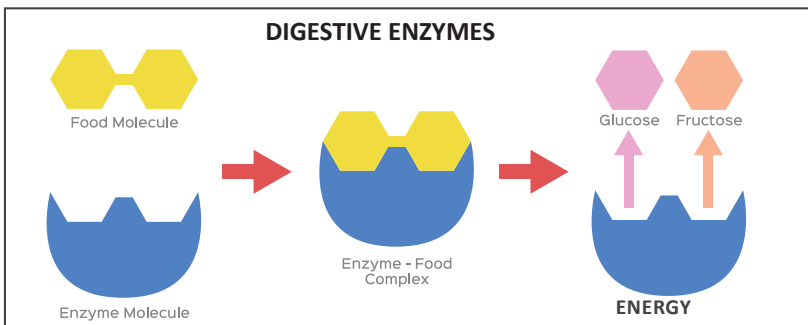
Big meal ahead? Having a processed food moment? Planning on doing some fast fooding? Whenever you are in the mood to challenge your stomach, having PrepZymes on hand is preparation that will go a long way in avoiding digestive discomfort.



### Moving Beyond Digestion

Taken with meals, digestive enzymes go to work at helping to break down food so that it can eventually be used for energy. When you take the same enzymes on an empty stomach, they go to work at reducing inflammation in body systems.<sup>1</sup> In some European countries, treating inflammatory conditions with systemic (aka proteolytic) enzymes has become commonplace. PrepZymes contains systemic enzymes, including protease and papain.

<sup>1</sup> bit.ly/SystemicEnzymes





# PrepZymes

Digestive Enzymes for  
an Industrialized Diet

- Gluten Free
- Non-GMO
- Vegan

## Benefits of AIM PrepZymes

- Helps maintain digestive health
- Allows for more thorough digestion of food
- Improves assimilation and utilization of food
- Increases energy
- Specially made for high-sugar, high-fat diets commonly found in “industrialized” countries



Cultured Enzymes	Breakdown
Protease I	Protein
Protease II	Protein
Alpha/beta amylase	Carbohydrates
Lipase	Fats and oils
Cellulase	Cellulose (plant fiber)
Lactase	Lactose (milk sugar)
Maltase	Carbohydrates (grains)
Invertase	Refined sugars

# Breakdown of Starch with PrepZymes



Needed: Oatmeal and PrepZymes. ww  
Prepare two bowls of oatmeal (any type).



Let one bowl of prepared oatmeal sit.  
Results after 1 hour.



Empty powder from two capsules of PrepZymes into second bowl of prepared oatmeal once it has cooled, then let sit.  
Results after 1 hour.

## 7 Signs that You Need PrepZymes

1. Bloating
2. Indigestion
3. Constipation
4. Diarrhea
5. Trouble Losing Weight

### *Good to Know*

#### **FloraFood** and **PrepZymes**

are best taken separately. Why? PrepZymes will dissolve the probiotics in FloraFood, thus wasting the FloraFood you just took.

For best results, both should be taken with food but at alternate meal times.