



AIM PrepZymes is a digestive health, dietary supplement that provides a combination of enzymes, papaya and garlic leaf powder.

## How is PrepZymes Unique? \_\_\_\_\_

- Combines enzymes with garlic leaf and papaya fruit
- Effective for high-sugar and high-fat diets
- Provides digestive and food enzymes to make up for deficiencies caused by consuming processed foods

## Approach \_\_\_\_\_

Enzymes act like sparks that initiate or speed up the essential chemical reactions our bodies need to live. The human body produces millions of enzymes every second. They are necessary for providing cellular energy, repairing all tissues, organs, and cells, stimulating the brain and digesting food. The latter includes the absorption, transportation and metabolism of nutrients as well as the elimination of waste.

### PrepZymes contains the following enzymes:

- Protease I
- Protease II
- Alpha/Beta Amylase
- Lipase
- Cellulase
- Lactase
- Maltase
- Invertase
- Papain

## Three Classes of Enzymes \_\_\_\_\_

There are three classes of enzymes: metabolic, digestive and food.

Metabolic enzymes catalyze, or spark, reactions within the cells. The body's organs, tissues and cells are run by metabolic enzymes. Without them, our bodies would not work. For example, this class of enzymes helps to turn phosphorus into bone, attaches iron to our red blood cells, heals wounds and supports the beating of our hearts.

Digestive enzymes are secreted by the pancreas and break down food, allowing nutrients to be absorbed into

## Key Benefits and Features

- Helps maintain digestive health
- Allows for a more thorough digestion of food
- Improves assimilation and utilization of food
- Increases energy
- Unique and proprietary formula—177 mg of enzymes, 50 mg of alpine wild garlic leaf and 40 mg of papaya fruit per capsule
- Contains cultured enzymes



the bloodstream and used in body functions. They ensure that we get the highest possible nutritional value from foods. Examples include protease for breaking down protein, amylase for carbohydrates, lipase for fats and oils and maltase for digesting malt sugars and grains.

Food enzymes are supplied to us in the foods we eat. They include digestive enzymes but also those that are unique to particular foods. Food enzymes help us “predigest” food, starting to break it down before our bodies’ enzymes begin to do so.

## The Importance of Enzymes \_\_\_\_\_

Enzyme theory is based on the pioneering work of Dr. Edward Howell in the 1920s. He wrote two books on the subject and theorized that humans are given a limited supply of enzyme energy at birth, and that it is up to us to replenish our supply of enzymes to ensure that their vital jobs get done. If we don't replenish our supply, we run the risk of ill health. Current research shows that as we age, we produce a reduced number of enzymes.



Enzyme theory became popular as the Western diet became more dependent on processed and cooked foods. Enzymes are extremely sensitive to heat; food enzymes are destroyed at temperatures above 118°F. Pasteurizing, canning and microwaving foods destroy their enzymes. This means that cooked and processed foods contain few, if any, enzymes, and that the typical diet found in industrialized countries leads to enzyme deficiency.

Nutritional studies have shown that a regular diet of cooked and canned foods causes the development of chronic degenerative diseases. This points back to the importance of eating raw fruits and vegetables. Only raw foods have functional “live” enzymes. And the more raw foods you eat, the more live enzymes you get.

## The Benefits of Enzymes

There are many benefits in providing the body with more enzymes. As noted, this helps to increase the body’s own enzyme supply, which may lead to a healthier life.

It is common knowledge that digestive enzymes help us to break down foods more completely, allowing us to utilize more nutrients. This could aid in weight management as your body receives more nutrients from less food, which means fewer calories.

There is another advantage to food being thoroughly digested. Undigested food can remain in the digestive tract, where it may rot and putrefy, creating a buildup of waste in the colon. This fecal matter begins to decay, producing bacteria and toxins. The toxins eventually seep through the bowel wall, where blood capillaries pick them up and distribute them throughout the body. This can result in numerous health issues. Using digestive enzymes ensures that your food is more completely digested, helping to eliminate potential problems related to the accumulation of waste and toxins.

## Papaya Fruit and Alpine Wild Garlic

The papaya fruit in PrepZymes contains papain, an enzyme that sticks to proteins, aids in protein digestion, and has a soothing effect on the stomach. Alpine wild garlic supports digestion and adds antioxidant activity to the formula.

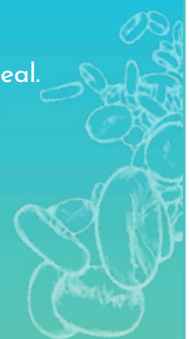
## Cultured Enzymes

Cultured enzymes are particularly beneficial because they are active in both acidic and alkaline environments. The enzymes are cultivated, strained off and purified so that no fungi, bacteria or yeasts remain in the product.

The unique combination of cultured enzymes in PrepZymes has been specially formulated to replace the naturally occurring enzymes lost during food processing, food preparation, and cooking, as well as food irradiation or crop cultivation in depleted soils.

## How to use PrepZymes

- Take 1 capsule before or during each meal.
- Do not use if you have gastritis or a duodenal or gastric ulcer.
- Consult a health care practitioner prior to use if you are pregnant, breastfeeding or have an allergy to latex or fruits.
- Keep out of reach of children.



## FAQs

### Who should use PrepZymes?

If you believe that you are not digesting foods well, you should use digestive enzymes. Additionally, our bodies produce fewer enzymes as we age, so we should consider using digestive enzymes as we mature.

### May children take PrepZymes?

Yes, they may. Children can take the usual adult serving of one capsule before or during each meal. However, when using dietary supplements, it is recommended that you consult your health care practitioner.

### Is there anyone who should not take PrepZymes?

Yes, it is recommended that those with gastritis or gastric or duodenal ulcers should not use AIM PrepZymes. If you have an allergy to latex or fruits, you should not take PrepZymes.

### May I take PrepZymes with FloraFood or other AIM products?

You may take PrepZymes with other AIM products. PrepZymes and AIM FloraFood are best taken with meals. However, PrepZymes will break down the bacteria in FloraFood, so take these products separately at alternate meals.

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