



TerraZyme® | Digestive Enzyme Complex
Dietary Supplement | 90 Vegetable Capsules

Complementary Products

PB Assist®+

GX Assist®

Zendocrine® Softgels or Capsules

Microplex VMz®

Benefits

- + Supports the healthy digestion and metabolism of enzyme-deficient, processed foods
- + Supports the conversion of food nutrients into cellular energy
- + Promotes safe and effective gastrointestinal comfort and food tolerance
- + Provides a proprietary blend of 10 active whole-food enzymes
- + Contains Peppermint, Ginger, and Caraway Seed

Description

dōTERRA TerraZyme Digestive Enzyme Complex is a proprietary blend of active enzymes and supporting cofactors that are often deficient in cooked, processed, and preservative-laden foods. The powerful combination of digestive enzymes found in dōTERRA TerraZyme supports healthy biochemical functions, including healthy digestion of food nutrients and cellular metabolism of nutrients to energy. dōTERRA TerraZyme includes a variety of whole-food enzymes that help digest proteins, fats, complex carbohydrates, sugars, and fiber.

Directions

Take 1-3 vegetable capsules with meals throughout the day. If your meal includes lots of fresh, raw foods, take 1 capsule. If your meal includes highly processed, cooked foods or food products known to cause specific GI discomfort, take 2-3 capsules.

Cautions

Some people may experience a temporary 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 nursing women and people with known medical conditions should consult a physician before using. Doesn't contain milk, products, or any ingredients made from animal products.

Enzyme	Activity
Protease	Breaks down protein to peptides and amino acids
Papain	Breaks down protein
Amylase	Breaks down carbohydrates, starches, and sugars
Lipase	Breaks down fats and oils to be absorbed in the intestine
Lactase	Breaks down lactose 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
Sucrase	Breaks down sucrose to fructose and glucose for energy
Anti-Gluten Enzyme Blend	Assists in breaking down gluten
Glucoamylase	Breaks down starch

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 produced in the mouth, stomach, pancreas and small intestine. The liver produces bile salts bilirubin, bile acids, and phospholipids that aid in fat digestion. Together these 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 toward the production of digestive enzymes to speed conversion of food to bioavailable nutrients. Production capacity directed toward 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 decreased levels of 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.

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.

TerraZyme® Digestive Enzyme Complex

dōTERRA TerraZyme is a proprietary blend of 10 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.

The powerful combination of whole-food enzymes in TerraZyme supports 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 and effective, and can be used with every meal, every day. It includes the dōTERRA tummy tamer blend of Peppermint, Ginger, and Caraway Seed extracts to promote gastrointestinal comfort for those using TerraZyme as targeted digestive health.

FAQ

Should I take dōTERRA TerraZyme every day?

TerraZyme can be taken daily with meals, as needed. Depending on what type of meal you are eating, you can adjust the dose. For a more hearty meal with more fat or foods that are enzyme deficient, take up to 3 capsules. For lighter meals, such as a salad or fresh foods, you may only need 1 capsule.

Is it safe to take with GX Assist®, PB Assist®, or Zendocrine®?

Yes. TerraZyme can effectively be used in combination with the Zendocrine, GX Assist, PB Assist+, and other products as needed to achieve your desired results.

Should I take it directly before or right after meals?

Enzyme supplements work best when taken directly before, during, or immediately after meals.

Does this product contain genetically modified material?

dōTERRA TerraZyme does not contain genetically modified material.

Is dōTERRA TerraZyme vegan/vegetarian friendly?

Yes. There are no animal-derived ingredients in the product.

Key Studies

- Gurung N, Ray S, Bose S, Rai V. A broader view: Microbial enzymes and their relevance in industries, medicine, and beyond. *Biomed Res Int.* 2013; article ID 329121.
- Fieker A, philpott J, Armand M. Enzyme replacement therapy for pancreatic insufficiency: Present and future. *Clinical and Experimental Gastroenterology.* 2011;4:55-73.
- Seiler Cm, Izbicki J, Varga-Szabo L, et al. Randomised clinical trial: A 1-week, double-blind, placebo-controlled study of pancreatin 25000 Ph. Eur. Minimicrospheres for pancreatic exocrine insufficiency after pancreatic surgery, with a 1-year open-label extension. *Aliment Pharmacol Ther.* 2013;37:691-702.
- Layer P, Go VLW, DiMagno EP. Fate of pancreatic enzymes during small intestinal aboral transit in humans. *Intraluminal Fate of Pancreatic Enzymes.* 1986;251:G475-480.
- Jiang Z, Zhou Y, Lu F, et al. Effects of different levels of supplementary alpha-amylase on digestive enzyme activities and pancreatic amylase mRNA expression of young broilers. *Asian-Aust J Anim Sci.* 2008;21:97-102.

Nutrition Information

Serving Per Container: 30

Serving Size: 3 capsules (1.61g)

	Per Serving
Energy	4 Kcal
Protein	0.1 g
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Total Carbohydrates	1 g
Sugars	0 g
Dietary Fiber	0.5 g
Sodium	1 mg

TerraZyme Blend: Caraway (*Carum carvi*) seed powder, Ginger (*Zingiber officinale*) root powder, Peppermint (*Mentha piperita*) leaf powder, Amylase (*Aspergillus oryzae*), Betaine, Protease (*Aspergillus oryzae*), Glucoamylase (*Aspergillus niger*), Lactase (*Aspergillus niger*), Lipase (*Rhizopus oryzae*), alpha-Galactosidase (*Aspergillus niger*), Cellulase (*Trichoderma reesei*), Sucrase/Invertase (*Saccharomyces cerevisiae*), Papain (*Carica papaya*), Protease (*Aspergillus melleus*)

Other Ingredients: Bulking agent (Maltodextrin), Stabilizer (Hydroxypropyl methylcellulose), Anti-caking agent (Microcrystalline cellulose), Anti-caking agent (Silicon dioxide), Anti-caking agent (Magnesium stearate), Dextrose, Thickener (Dextrin), Thickener (Potato Dextrin), Anti-Caking Agent (D-mannitol), Preservative (Sodium Benzoate), Stabilizer (Dicalcium Phosphate), Preservative (Potassium Sorbate), Stabilizer (Calcium Carbonate), Firming Agent (Calcium Gluconate), Sodium Chloride

Contains soy and wheat