

dōTERRA TerraZyme™

Digestive Enzyme Complex

dōTERRA®

Product Information Page



dōTERRA TerraZyme™ | Digestive Enzyme Complex
Dietary Supplement | 90 Vegetable Capsules

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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.

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

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.

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dōTERRA 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. dōTERRA 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 dōTERRA 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.* dōTERRA TerraZyme can also be used as targeted support for specific food intolerances of proteins, fats, and carbohydrates, such as lactose.*

dōTERRA 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 dōTERRA TerraZyme as targeted digestive health.*

FAQ

Should I take dōTERRA TerraZyme every day?

dōTERRA 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. dōTERRA 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.

Supplement Facts

Serving Size 3 vegetable capsules
Servings Per Container 30

	Amount Per Serving	% Daily Value
Protease (from Aspergillus)	75,000 HUT	**
Papain (from Papaya)	30,000 USP	**
Amylase (from Aspergillus)	24,000 SKB	**
Lactase (from Aspergillus)	1,500 ALU	**
Lipase (from Rhizopus)	1,200 FIP	**
Alpha-Galactosidase (from Aspergillus)	450 GALU	**
Cellulase (from Trichoderma)	375 CU	**
Sucrase (from Saccharomyces)	300 SU	**
Betaine HCl	60 mg	**
Glucoamylase (from Aspergillus)	30 AG	**
Anti-gluten enzyme blend (from Aspergillus)	6 mg	**
dōTERRA Tummy Tamer Blend: Peppermint leaf, Ginger root, Caraway seed	450 mg	**
** Daily Value not established.		

Other Ingredients: Maltodextrin, Vegetable hypromellose, Microcrystalline cellulose, Silica, Magnesium stearate. **Contains soy and wheat.**

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