

SBG Zymes® and SBG Zymes® Plus

Unlock the Potential in All Your Foods

Why is enzyme supplementation necessary? First, today's diets rely heavily on cooked and processed foods. Unfortunately, cooking and processing methods often kill the enzymes in foods. Even when foods are consumed in their raw form, they are rarely backyard-garden fresh. Modern lifestyles have created a virtually universal need for food enzymes.

Second, digestion requires energy...lots of it. And the more energy it takes to digest food, the less that's available for other physical and mental activities. Digestion of enzyme-deficient food is especially hard on the body, sapping natural vitality and feelings of well-being. But there is a way to optimize the nutritional value received from food. SBG Zymes and SBG Zymes Plus both contain natural food enzymes from vegetarian sources that help the body break down fats, carbohydrates, protein, and fiber, and enhance the digestive process. Each capsule is microblended with Super Blue Green® Alpha Sun®, adding specific vitamins and minerals that many enzymes need for optimum ability to function.

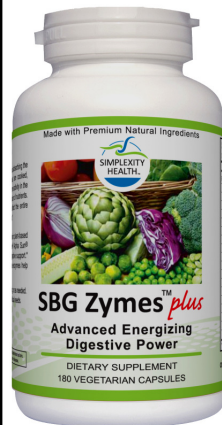
What role do the various enzymes play?

- Amylase helps to break down starch.
- Invertase helps digest sugar products.
- Lactase helps digest milk sugar.
- Cellulase and pectinase assist in the breakdown of fiber.
- Lipase helps break down fat.
- Protease, bromelain, and papain all help to break down protein.
- MycoPepsin™ works in a low pH environment.



SBG Zymes include:

- Amylase
- Cellulase
- Lipase
- Protease (I)
- Lactase
- MycoPepsin™



SBG Zymes Plus include:

- Amylase
- Glucoamylase
- Invertase
- Lactase
- Pectinase (w/Phytase)
- Cellulase
- Lipase
- Protease (I)
- Protease (II)
- Acid-Stable Protease
- Bromelain
- Papain
- MycoPepsin™

Also fennel, ginger root, and cayenne pepper to enhance digestion.

*If you
need
more
convincing
about the
importance
of enzymes,
consider this—*

Even with the most sensible diet, the body does not benefit until nutrients are unlocked and absorbed from food that is consumed. Natural miracles of miniature engineering, enzymes are critical to the proper functioning of everything from breathing to thinking to circulating the blood. The metabolic enzymes present in every cell, tissue, and organ in the body are responsible for every chemical reaction associated with metabolism.

*"Man is not nourished
by what he swallows,
but by what he digests and uses."
--Hippocrates*

The miracle of life would be impossible without enzymes. Enzymes are at the heart of all the body's activities, from digesting the food we eat to blinking our eyes. Without enzymes, there would be no life as we know it, since the human body is actually a series of thousands of enzymatic reactions happening at every moment! Today, we recognize the critical role of food-based enzymes for health and longevity, and this knowledge illuminates our understanding of the life-giving properties of food.

*The Importance of Enzymes
(available from Simplexity)*



SIMPLEXITY HEALTH

To order today...
visit us at www.SimplexityHealth.com
or call 800.800.1300

What are you waiting for? Start your enzyme supplementation program today by ordering SBG Zymes Plus or SBG Zymes!

Anthony Cichoke is a lecturer and researcher, and is the author of several books on enzymes, including *Enzyme and Enzyme Therapy: How to Jump Start Your Way to Lifelong Good Health* and *The Complete Book of Enzyme Therapy*. In emphasizing our need to include digestive enzyme supplementation, he states: "According to the National Institutes of Health, more than 62 million Americans experience some type of digestive distress." He also writes: "In addition to the enzymes used in digestion, our bodies produce thousands of different types of enzymes that continually renew, maintain, and protect us. They are involved in every function of the human body, including metabolism, breathing, reproduction, and vision. Enzymes have many other applications. For example, they can improve absorption of nutrients, detoxify the body ... improve immune function and circulation ... and slow down the aging process."

"Anyone eating cooked food...should take food enzyme supplements to compensate for the destroyed, naturally occurring food enzymes that were previously in the food...Even if a person eats 90% live food, if they have imbalances they would do well to take enzymes."

*—Gabriel Cousens, M.D., in
his book Conscious Eating*

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In his book, *The Secret of Life—Enzymes*, Nobel Prize recipient James B. Sumner remarks that people feel old after 40 due to reduced enzyme levels in the body.

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Dr. Edward Howell, the father of modern food enzyme research, is responsible for The Enzyme Axiom, which states: "The length of life is inversely proportional to the rate of exhaustion of the enzyme potential of an organism. The increased use of food enzymes promotes a decreased rate of exhaustion of the enzyme potential."

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DicQie Fuller, Ph.D., D.Sc., has written a text entitled *The Healing Power of Enzymes*. The subtitle of his book says it all: *How Enzyme Supplements Can Turn Your Life Around!* His very strong statements include the following: "Eighty percent of your body's energy is expended by the digestive process...Because our entire system functions through enzymatic action, we must supplement our enzymes. Aging deprives us of our ability to produce necessary enzymes. Our very lives are dependent upon enzymes!"

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Viktoras Kulvinskis, M.S., author of *Survival Into the 21st Century*, has written about the physiological symptoms of long-term indigestion, and encourages a raw food diet as well as enzyme supplementation. He states, "My experience over 35 years, both with clients and at the Hippocrates Health Institute, shows that the process of healing is greatly accelerated by use of a raw food diet as well as supplementing the diet with enzymes. I have found that clients who added SBG Zymes Plus and Spectrabiotic® to their traditional diet had wonderful results. One might say, these super foods 'jump started' their life."

Viktoras also feels that enzymes play a role in weight management. "Enzymes may be taken with meals or on an empty stomach between meals. Enzymes taken with meals assist in predigesting the food one has eaten; enzymes taken between meals assist in predigesting food remnants from previous meals that have been incompletely digested and stored all over one's body as fat and cellular waste."