

Terrazyme

Enzyme What it does

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| Protease (Aspergillus) | Breaks down Protein to Peptides and Amino Acids |
| Papain (Papaya) | Breaks down Protein |
| Amylase (Aspergillus) | Breaks down Carbohydrates, Starches, Sugars |
| Lipase (Rhizopus) | Breaks down Fats & Oils to be absorbed in the intestine |
| Lactase (Aspergillus) | Breaks down Lactose found in Milk Sugars |
| Cellulase (Trichoderma) | Breaks down Fruit & Vegetable Fibers |
| Glucoamylase | Breaks down Starch |
| Sucrase (Saccharomyces) | Breaks down Sucrose to Fructose and Glucose for energy |
| Anti-Gluten Enzyme Blend (Aspergillus) | Breaks down Gluten |
| Alpha Galactosidase (Aspergillus) | Breaks down Polysaccharide Sugars from legumes & cruciferous vegetables that can cause bloating and gas |
| Betaine HCl | Lowers gastric pH and balances stomach acid production |

Use for

- Healthy Digestion
- Metabolize processed foods
- Conversion of food nutrients to energy
- GI Comfort and food tolerance
- Production of Metabolic Enzymes

PB ASSIST⁺

PROBIOTIC DEFENSE FORMULA

A powerful Probiotic Defense Formula that helps increase the number of good bacteria in the intestines, which are necessary for digestive health.

DESCRIPTION:

PB Assist+ is a proprietary formula of pre-biotic fiber and six strains of probiotic microorganisms in a unique double layer vegetable capsule.

It delivers 6 billion CFUs of active probiotic cultures and soluble pre-biotic that encourage friendly bacterial growth.

The time-release, double-capsule delivery system is designed to help protect the sensitive probiotic cultures from stomach acid.

PB Assist+ offers a unique, safe, and effective way to deliver the well-recognized digestive and immune system support benefits of probiotics.

BENEFITS:

- Promotes a positive balance and proliferation of beneficial bacteria.
- Maintains healthy intestinal microflora balance.
- Supports healthy functioning of the digestive and immune systems.
- Supports the health of the GI tract, particularly the intestines and colon.
- Helps support optimal metabolism and absorption of food.

Want to Explore Learn More About Nutrition & Your Metabolic Health?



Book a FREE 1 Hour Wellness Consult with Deborah or Ask About Our Next Nutrition & Metabolic Health Class.

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416.995.7404

www.Visionsinthewoods.com

Support for Nutrition & Your Metabolic Health



www.Visionsinthewoods.com



Also Really Great for Travel! Shelf
Stable, do not need to be refrigerated.

Nutrition & Smart Supplementation

Sadly we don't get the nutrients in our diet that we once did before the industrial age. In order for our bodies to function at their optimum and thrive, supplementation, especially as we age, is ultra important.

The following supplements are what I use and recommend to the people I work with. The foundation of Everything we build on. - Deborah

lifelong vitality®

LLV is full of essential nutrients, metabolism benefits, and powerful antioxidants and is designed to promote energy, health, and vitality.



Bone health | Immune function | Stress management
Cardiovascular health | Healthy hair, skin, and nails
Eye, brain, nervous system | Liver function and digestive

There is a Vegan Option as well.

The quality and value are fantastic! doTERRA knows the impact they will have on our lives, so they offer a

30 Empty Bottle Money Back Guarantee if you are not satisfied with how you feel after 30 Days!

The MetaPWR System

Three Simple Steps to Help You Live with More Life in Your Years!

Step 1

MetaPWR™ METABOLIC BLEND

Four Choices of How You Use the MetaPWR Blend, with all the same benefits! You choose daily what you want your Step 1 to be and can be taken throughout the day.

A uniquely formulated blend of Grapefruit, Lemon, Peppermint, Ginger, and Cinnamon Bark.

Let's just call it, "Will power in a bottle."

13 of every 14 people can benefit from metabolic health support right now.

The power of our pure essential oils fueling every aspect of the MetaPWR® system



Helps manage hunger throughout the day while supporting healthy metabolism.*

Inhibits fat cell maturation.*

Curbs cravings.*

Supports metabolic health.*



MetaPWR™ blend in a gum, softgels, and beadlets, all of which are convenient for life on-the-go. You have support anywhere you go!

Step 2

MetaPWR™ ASSIST

This amazing carb-blocker is taken with your biggest meal of the day. Can also be taken with every meal.

MetaPWR™ Assist contains multiple natural compounds clinically evidenced to promote healthy blood sugar regulation.*

Less than 7% of the US adult population have optimal metabolic health, most of us can afford a little support. That's what MetaPWR™ Assist is for.*

MetaPWR™ Metabolic Assist helps minimize the impact of constant spikes and crashes in your blood sugar.*



The stronger and healthier your metabolic function, the better you'll feel from the inside-out.

It turns 'fast carbs' into 'slow carbs' reducing our meal-time blood glucose spikes.*

Supports healthy blood sugar responses.*

Stabilizes energy levels throughout the day.*

Supports healthy insulin sensitivity.*

Decreases post meal glucose spikes.*

Step 3

MetaPWR™ ADVANTAGE

There is nothing like Advantage on the Market! This delicious citrus beverage is taken once a day at the time that works best for you. I like the energy it gives me around 3pm.

dōTERRA® MetaPWR™ Advantage contains our proprietary HealthspanComplex®, formulated with 12 synergistic active ingredients that can slow biological aging and extend our healthspan.*

By middle age, NAD+ levels in the body are half what they are during our youth! NAD+ ensures proper cell function so we can age in a healthy way.

At a young age, the body is made up of 30% collagen, but this percentage declines with age.

Difficulty managing weight and decreased energy levels?

While most collagen nutraceutical products use only one or two collagen peptide types, MetaPWR™ Advantage contains nine.

Slow biological aging and extend our healthspan.*

Supports your body's ability to produce NAD+, optimizing your metabolic health and extending your healthspan.*



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