



WholeFoods MAGAZINE

Informing and Educating the Natural Products Industry

Fuel Your Fast:

Enhancing
Intermittent Fasting With
Targeted Nutritional Support

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Exceptional Quality

What's on the label is what's in the bottle — always. For your peace of mind, our products and ingredients are tested by certified third-party laboratories.

- When we say “pure” we mean it.
- We exceed cGMP manufacturing standards.
- **Independently owned**

Our Promise to You

- ✓ Sourced with the best ingredients on the planet
- ✓ Validated using the latest science and research
- ✓ Clean, effective products made without compromise

- Extensive third-party testing.
- Potency guarantee: Label claim through time of expiration.
- Non-GMO, organic, sustainable, Clean Label Project, Kosher

The Thera-blend® Difference

We blend multiple strains of enzymes so our formulas can enhance nutrient absorption and help you have more energy.ˆ

- Proven leader in supplemental enzyme formulations.
- Continual scientific rigor.
- **More than just digestion – whole body results.**

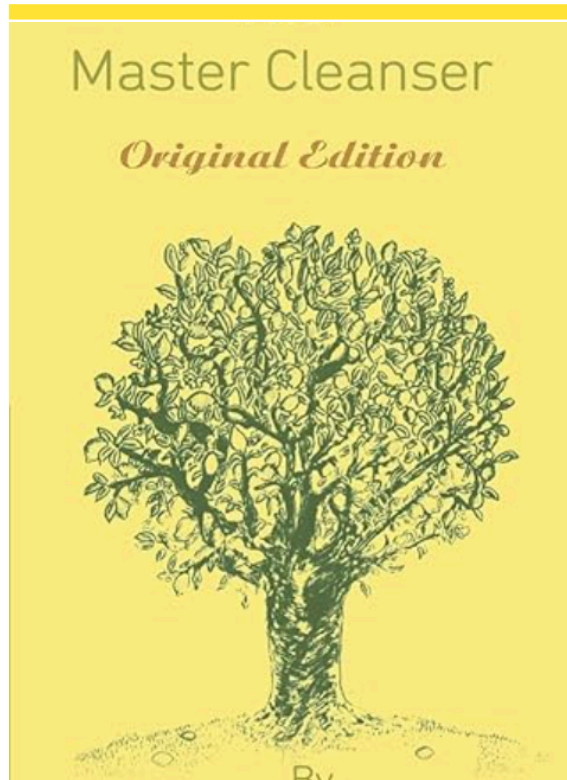
It's no secret, fasting has remained one is one of the hottest trends!

Over 80% of people aware of intermittent fasting; it is one of the most trusted and talked about trends.

On social media alone, #intermittentfasting has amassed over 7 million posts, reflecting its widespread cultural adoption and influence on modern wellness behaviors.



Fasting Has a Rich History



And the beat goes on...



Intermittent Fasting

Intermittent fasting (IF) is here to stay!

It allows someone to reap the benefits of fasting, while skipping the heavy restrictions and allowing flexibility for different body types and lifestyles.



What are some options?





Tailored Intermittent Fasting

- Alternate day fasting
- 5:2 method
- One meal a day (OMAD)
- Daily time restricted fasting, EX: 16:8 fasting



They all deliver huge benefits!

Healthy Fasting:

Promotes **keto adaption** more quickly and easily. *

When properly done, may support **healthy insulin sensitivity**.*

Good for the gut by allowing digestive system to rest and repair and can enhance microbiome diversity*

Supports autophagy; the bodies natural and normal process for cellular clean up*

And Much More!!
Promotes Healthy Systems:
Cardiovascular
Neurological
Immune



Many benefits, and a few challenges...

Three Main Challenges

Satiety

Initial challenges to intermittent fasting can be driven by hunger.

If initial challenges can be dealt with fasting can be an effective tool for weight loss: it helps regulate appetite and control hunger cravings.

Lean Muscle Loss

Any ongoing caloric restriction can cause muscle loss.

This is especially true for those new to fasting until they learn how to manage their nutrition.

We want to maintain lean muscle in order to keep the metabolism fired up!

Dehydration

When the body enters an initial state of ketosis, extra water is shed which can lead to mineral imbalances.

Muscle cramps, low energy, and dizziness are all external cues indicative of dehydration.



Let's address the challenges...

Too Hungry To Keep Fasting?



Baobab fruit fiber can help!

- Known as the 'Tree of Life', Baobab trees may live up to 3,000 years and are revered for their medicinal properties.
 - Superfood which provides soluble and insoluble fiber
 - Fiber does not spike insulin and helps to slow insulin response.*
- High antioxidant activity
 - Rich in vitamin C
 - Full of phenols, proanthocyanins, as well as a strong capacity to scavenge superoxide anions and nitric oxide radicals.*
- Organic, sustainable, wild harvested



How is it harvested?

*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.

Empowering Women

Enzymedica's Mission: People and Planet

- Female Baobab harvesters make up between 70-98% of the supply chain.
- Many of these women have no formal education or other employment.
- In some areas of South Africa, the sale of fruit has been reported to increase their monthly cash income by 250%.
- This allows women to pay for education, food, and healthcare for themselves and their dependents.



What about gut health?

A Powerful Prebiotic

ENZYMEDICA®

“A Pectin-Rich, Baobab Fruit Pulp Powder Exerts Prebiotic Potential on the Human Gut Microbiome In Vitro”

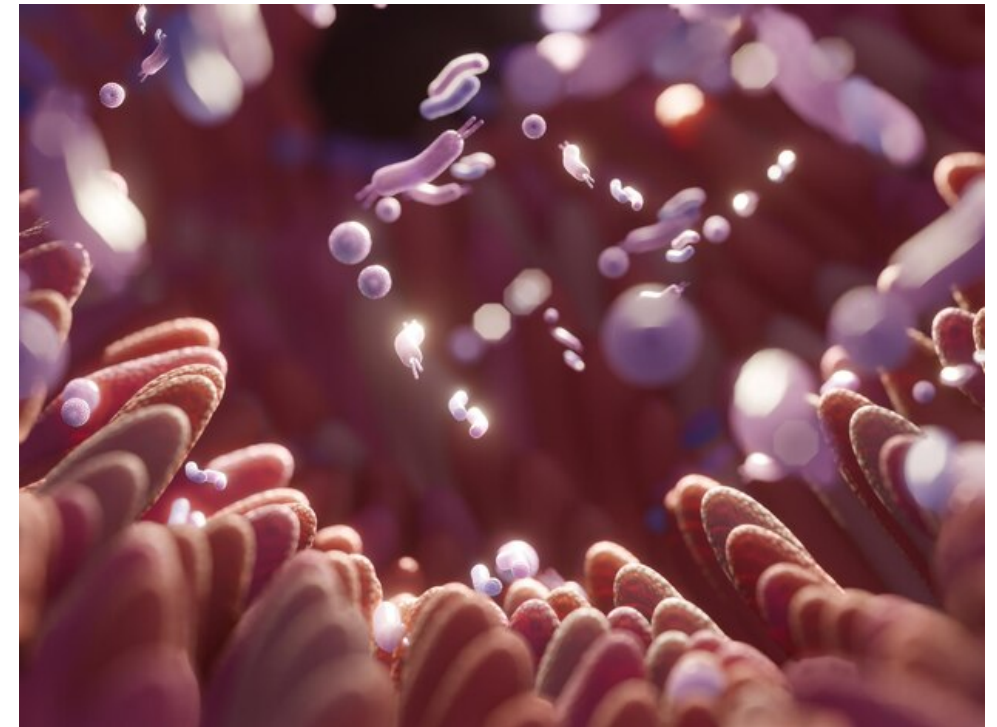
“...donor-dependent increases in *Bifidobacteria*, *Lactobacilli*, and *Firmicutes* were observed, stressing the potential interindividual differences in microbial composition modulation upon Baobab fruit pulp powder treatment.

Overall, Baobab fruit pulp powder fermentation displayed features of selective utilization by host microorganisms and, thus, has promising prebiotic potential (also in comparison with the ‘gold standard’ prebiotic inulin).”*

PubMed



microorganisms



There is more in store for the microbiome!

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TIME

“How Fasting Can - and Can’t
- Improve Gut Health”

September 23, 2022

“Remodeling of the gut microbiome during Ramadan-associated intermittent fasting”

[M.P. Peppelenbosch, PhD](#)

- Intermittent fasting pumps up the gut’s population of a family of bacteria called *Lachnospiraceae*.
- Unlike some other gut microorganisms, *Lachnospiraceae* can survive happily in an empty GI tract.
- They can live off the slime the gut makes itself, so they can outcompete other bacteria in a fasting state.
- *Lachnospiraceae* produces the short-chain fatty acid butyrate.
 - Butyrate sends modulating inflammation signals to the immune system, which could help reduce discomfort.
 - Butyrate also improves the barrier function of the intestines. Poor barrier function (sometimes referred to as “leaky gut”) is a hallmark of common GI conditions.



What about muscle wasting?

Don't Waste Muscle!



- Adequate protein is required during intermittent fasting to retain and build lean muscle.
- Nine Essential Amino Acids help prevent muscle wasting during fasting, these include BCAAs.
 - Histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine are not synthesized by humans and must be derived from food.
- Essential Amino Acids have shown to stimulate muscle protein synthesis as much as whey protein but with little insulin spike.*
- Benefits include sustainable energy, muscle recovery, mental clarity, curbing hunger, supporting ketosis.*



Will amino acids break the fast?

It's About Weighing the Benefits

Remember, there are many ways to fast!

- Many protocols recommend bone broth or amino acid drinks during fasting.
 - Average bone broth is 10 grams of protein/ cup and 70-90 calories.
 - Many athletes practice intermittent fasting and use an amino acid supplement during the fasting times.
- Some amino acids promote a fat burning state.*
 - Ketogenic: Leucine, Lysine
 - Glucogenic/Ketogenic: Isoleucine, Phenylalanine, Threonine, Tryptophan, Tyrosine



What else happens in ketosis?

Stay Hydrated Friends!

- When entering a state of ketosis, a loss of 'water weight' usually occurs.
 - Ketones have a diuretic effect
- Electrolytes are minerals that conduct electricity when dissolved in water or body fluids.
- They regulate nerve and muscle function, balance blood acidity and pressure, and help rebuild damaged tissue.*
 - The muscles and neurons are sometimes referred to as the "electric tissues" of the body.
- An adult's body is about 60% water, which means nearly every fluid and cell in your body contains electrolytes.
- During fasting, it is important to ensure adequate electrolyte intake.
 - Cues such as dizziness or fatigue are indicative of inadequate electrolyte intake.



Is there a complete solution?



Three In One Solution

ENZYMEDICA®

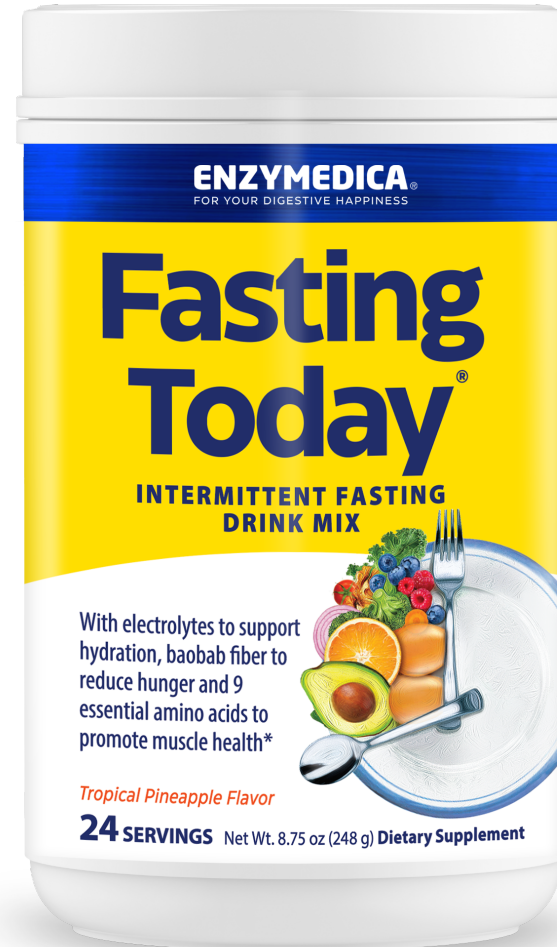
3-in-1 Essentials **Also Ideal for Keto & Other Diets**

Electrolytes promote hydration and support healthy cell and organ function.* They are ideal for pre/post exercise or daily intake.

Organic, wild-harvested baobab fruit fiber is considered by many to be the greatest raw whole food on earth. Sustainably harvested in Africa, aiding women-harvesters, and positively supporting small communities. This fruit provides exceptional soluble and insoluble fiber, loaded with polyphenols to support hunger.*

A blend of 9 amino acids support muscle strength, body composition, and muscle protein synthesis.*

Recommended Use: Mix 1 scoop with 12 oz. of water. Consume 1-2 scoops per day during fasting hours.



Supplement Facts

SERVING SIZE: 1 SCOOP (10.35 G) • SERVINGS PER CONTAINER: 24

AMOUNT PER SERVING		%DV
Calories	10	
Total Carbohydrate	3 g	1%*
Dietary Fiber	1 g	4%*
Vitamin C	5 mg	6%
Vitamin B12 (as Methylcobalamin)	25 mcg	1,042%
Calcium (as Calcium Carbonate)	50 mg	4%
Magnesium	100 mg	24%
Sodium	230 mg	10%
Potassium	100 mg	2%
Electrolyte Complex	1,090 mg	†
Sodium Chloride, Potassium Bicarbonate, Magnesium Oxide		
Amino Acid Complex	3,500 mg	†
L-Leucine, L-Lysine, L-Threonine, L-Isoleucine, L-Valine, L-Phenylalanine, L-Methionine, L-Histidine, L-Tryptophan		
Organic Baobab Fruit Powder	3 g	†

*Percent Daily Value (DV) are based on a 2,000 calorie diet

† Daily Value not established

Life Doesn't Stop Because You're Fasting!



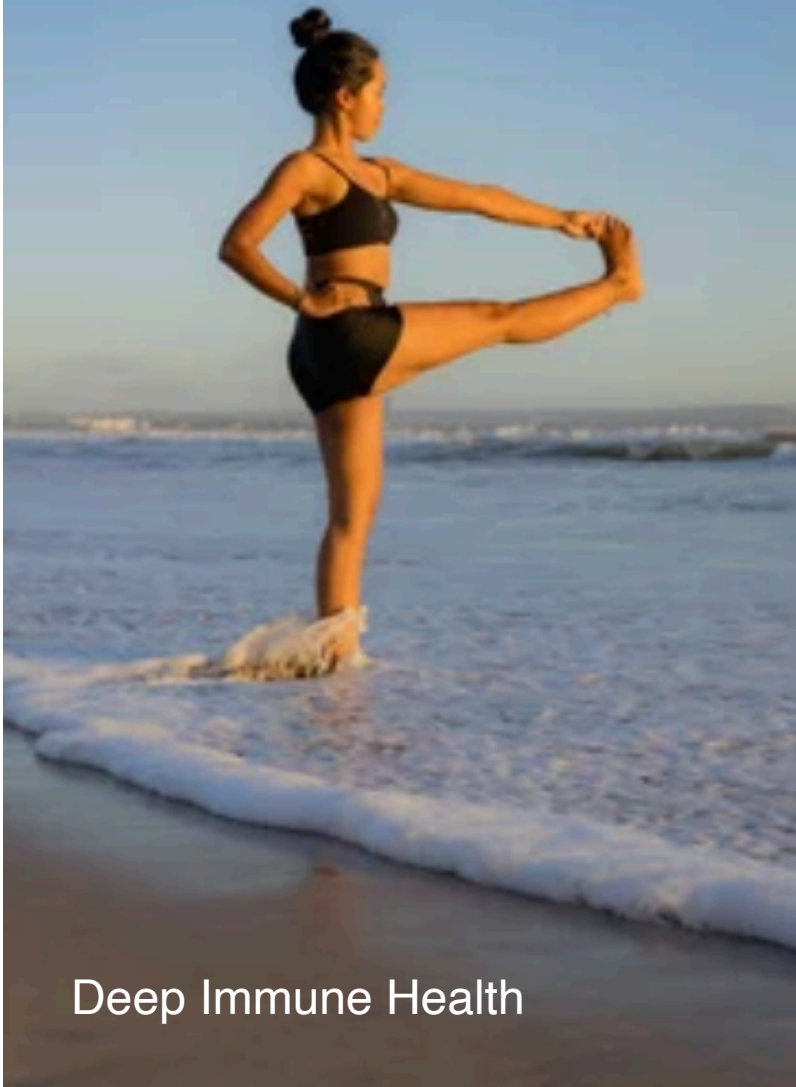
What's another SUPER HOT Trend?

Colostrum

Nature's Digestive



What's the Colostrum Hype About?



Deep Immune Health



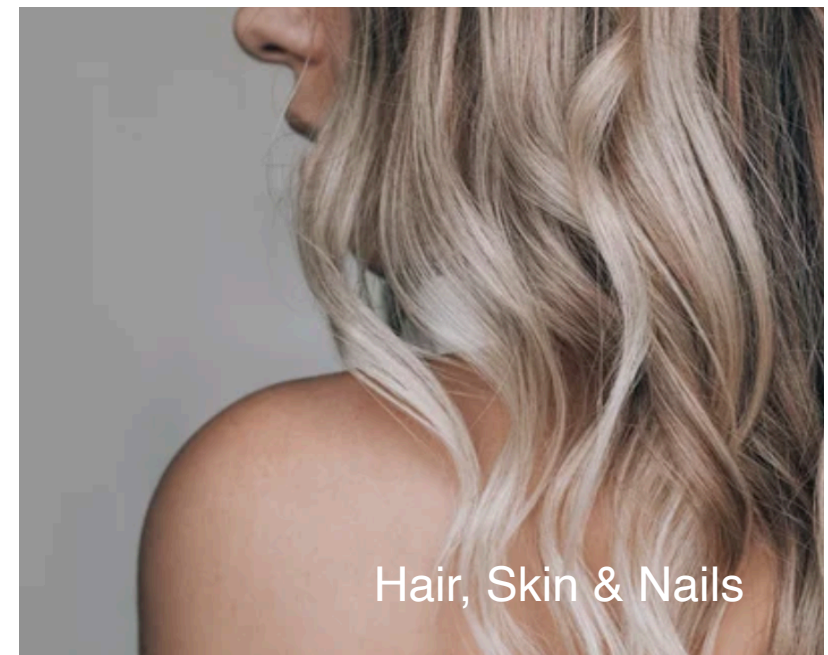
Regularity



Muscle Gains/Recovery



Improved Digestion



Hair, Skin & Nails

What's the Magic in "Natures First Food"?



- **Epidermal Growth Factors (EGF)**
 - Regeneration of gut lining
 - Tissue repair and regeneration
 - Hair/ Skin/ Nails
- **Immune Modulation:**
 - IgG – Identifies invaders, marks them for destruction, and promotes 'immune memory'
 - Supports immune cells such as T, B, NK
 - Phagocyte activation
- **Nutrient Dense**
 - Healthy Fats: Omega-3s, carotenoids, tocopherols and tocotrienols, vitamin D2/3
 - L-glutamine and L-arginine

me: why am i bloated, breaking out, exhausted, and can't focus



colostrum
babes it's literally healing your gut, skin, brain, immune system, probably your ex too 🍷

The Finest Raw Materials

- Grass Fed
- No RBST/Antibiotics
- Calf First Standard Compliant
- Cool processed
- 2g of Colostrum per serving
- 10 Billion CFU *Lactobacillus acidophilus*
- Add to cool beverages, smoothies, yogurt, etc. (just no heat)
- Unflavored
- 10 Calories per serving, 1 gram protein
- Incredible price point



Mix with smoothies, yogurt, milk, nut butters... Just as long as it's not hot!



What Else Supports A Fasting Lifestyle?



Healthy Blood Sugar

1 in 3 Americans experience problems with **healthy blood sugar metabolism.**

Sugar addiction is real!

These cravings are a **major impediment** when trying to stick to a **healthy diet.**

Berberine is a **time-tested herbal ally** to help get back on track with a **healthy eating plan** and is **clinically studied** to support **healthy blood sugar** already within normal range.*

<https://www.cdc.gov/diabetes/pdfs/data/statistics/national-diabetes-statistics-report.pdf>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2410097/>



How does berberine work?

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Berberine Overview:

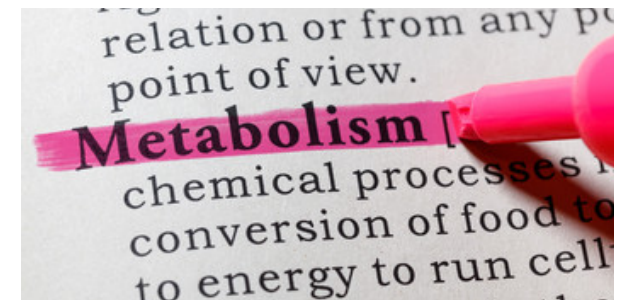
Three Key Actions:

1. Supports healthy blood sugar levels while making it easier to kick the sugar habit*
2. Activates AMPK – the metabolic ‘master switch’ enzyme*
3. Enhances the gut bacteria Akkermansia which is known to support glucose metabolism and healthy body fat percentage*



Sounds Too Good To Be True!

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Berberine Is A Fantastic Remedy With A Few Challenges:

Low bioavailability. While still being effective, less than .5% of the berberine alkaloids are typically found in the blood.

To offset this, **large doses** are often needed to achieve results .

Large doses can cause **uncomfortable detox** or irritate **intestinal lining** and may **not** be tolerated well.

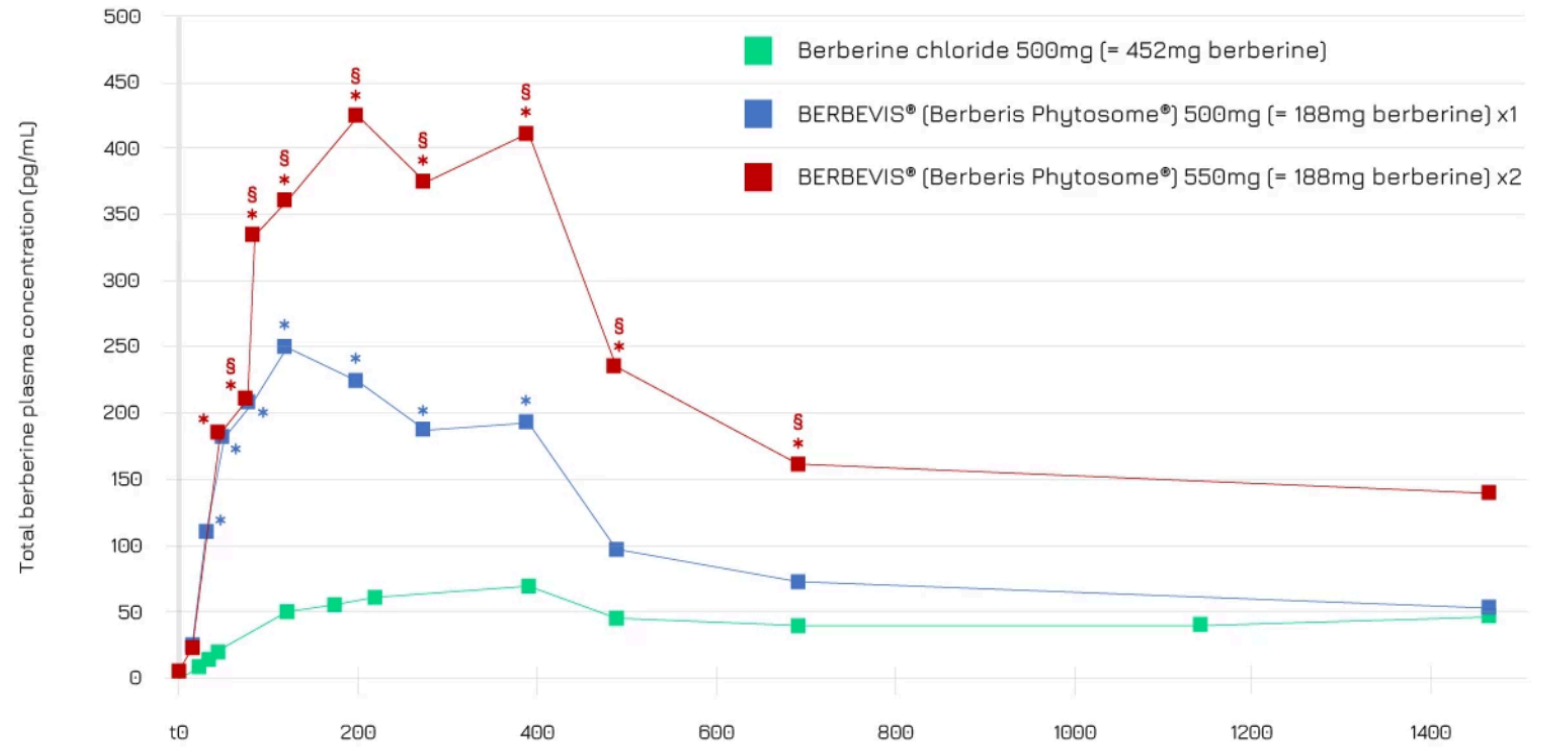


What if we could solve these challenges?

Berberine Bioavailability – Solved!

**Berberine
Phytosome
Delivers
9.6X
Better
Bioavailability!**

Human pharmacokinetic study results:



How does the Phytosome work?



Supplement Facts

Serving Size: 1 Capsule Servings Per Container: 60

Amount Per Serving	%DV
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Berberis® Berberine Phytosome.....	275 mg **
from the roots of Berberis aristata standardized to contain 28%–34% of berberine	

** Daily Value (DV) not established

OTHER INGREDIENTS: Rice hulls, rice bran extract, 100% vegetarian capsule (cellulose, water).

CONTAINS NO: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soybeans, sesame, or artificial colors and flavors.

Berberine Phytosome Innovation!

Berbevis® delivers 9.6% better bioavailability over standard berberine.

- Requires a lower dosage to achieve excellent delivery to blood plasma.
- Small, easy to swallow capsule
- 1-2 capsules 2 times per day
- Berbevis® utilizes pea protein and Grapeseed Phytosome.
 - Grapeseed Phytosome supports healthy gut lining.*
 - Pea protein has proven enhancement of bioavailability for berberine.*



An aerial photograph of a beach. The top half of the image shows the ocean with waves breaking onto the shore, creating white foam. The bottom half shows the sandy beach with some footprints and a few small figures of people. The text is overlaid on the top half of the image.

Fasting is not so much a treatment for illness, but a treatment for wellness.

Dr. Jason Fung



Q and A

THE
ENZYMEDICA®
GROUP

