



## Do you want to reach your PEAK?

Do you want to relieve inflammation?

Do you want to extend the quantity and quality of your life? -  
PEAK Enzymes are the answer!

"Every single function in the human body relies on enzymes."

Troy Aupperle.

"The key to a long and healthy life, can be summed up in one word:  
ENZYMES." Dr. Hiromi Shinya, MD "The Enzyme Factor" page 2.

### Did you know that it is very likely

- that you were robbed today?
- that your pancreas is enlarged - perhaps two to three times the size it ought to be? That your immune system is expending some of its resources to help you complete the digestion of your food in your blood stream?

### How do we know this is likely to be true of you?

We know because almost all of us have a diet comprised primarily of cooked foods. Food cooked above 118 degrees Farenheit is devoid of enzymes. If your diet is primarily comprised of cooked foods, your pancreas is producing all the enzymes necessary to digest your food. Your pancreas was never intended to supply all the digestive enzymes you need. It is over taxed and usually two or three times the size it ought to be.

Dr. Edward Howell, the father of modern day enzyme therapy, advanced the theory that we each have a limited capacity to produce a certain number of enzymes in our lifetime. When we are no longer able to produce certain enzymes, that is when life can no longer be sustained.

"We have over 5000 enzymes in the human body that create perhaps 25,000 different reactions. You could say that every action in our body is controlled by enzymes, but we know very little about them. I believe we create these different enzymes out of a base or source enzyme, which is more or less finite in our body. If we exhaust these source enzymes, they are not available in sufficient numbers to properly repair cells, so, over time, cancer and other degenerative diseases develop. This, in a nutshell, is the enzyme factor."

Dr. Hiromi Shinya, MD "The Enzyme Factor" Preface page XI.

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## With & Without



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**LONGEVITY:** It is as though you are born with a bank account filled with enzymes and, much like a bank account filled with money, if you have no source of income during your lifetime, the bank account will not last as long. If you supplement with capsules of concentrated, active enzymes, your pancreas' capacity to produce enzymes will last much longer. You will extend the quantity and quality of your life.

If you are eating cooked, processed, commercial foods today, you can be assured that your bank account of enzymes was robbed today. To prevent this, it is necessary that you supplement with PEAK Enzymes "With" (taken "with" food), our digestive enzymes.

When you eat, the food resides in the upper part of your stomach for about 30 minutes. If you eat raw fruits and vegetables that contain digestive enzymes, by the time this food reaches the acids in the lower part of your stomach, it is substantially digested. Since we eat cooked foods, it begins to putrify in the upper part of your stomach and it calls upon the pancreas to supply all the enzymes necessary to digest it in the lower part of your stomach.



When this food reaches your small intestines and begins to make its way into your blood stream, it is not digested as well as it ought to be. It has a particulate size that is too large. Your immune system does not recognize it as food and begins to respond to it as a foreign invader ... a pathogen.

The immune system begins to produce antigens to combat it. These are white blood cells, sometimes called leukocytes. To some extent, all of us who eat cooked foods have some measure of leukocytosis, an over abundance of white blood cells. You can avoid this by supplementing with PEAK Enzymes "With".

For the average person, the body expends 70% of its energy digesting food. By supplementing with digestive enzymes, you will lower this percentage and provide your body with a lot more energy to do other things.

In addition, due to our cooked food diet, our pancreas has to produce too many digestive enzymes and does not have the resources to produce adequate systemic enzymes.

Systemic enzymes, sometimes called metabolic or proteolytic enzymes, are produced by the pancreas to repair the body ... to build and restore tissues. In fact, they are a necessary component of all other functions in the body besides digestion, and your body is unable to produce enough of them because we eat cooked foods.

If you supplement with PEAK Enzymes "With", 80% of the enzymes your body produces will be systemic enzymes instead of digestive. In addition, the considerable resources of your immune system will be freed up to keep you safe from real threats. The most powerful enzymes in the body are systemic.

The Whole Wellness Club has supplied its members with PEAK Enzymes "Without" (taken "without" food) (Look at Supplement Facts on page 5). These are far and away the most powerful and effective systemic enzymes on the market today!

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**SERRAPEPTASE:** Among the ingredients in our formulation of systemic enzymes, you will find 80,000 U of Serrapeptase. This is nothing short of a miracle enzyme. It is produced by the serratia bacteria that lives on the silk worm. This enzyme is what enables the silk worm to get out of its cocoon. It literally digests the non-living tissues of the cocoon.

In our blood stream, serrapeptase will digest everything that does not belong there from uric acid crystals to the plaque that clogs our arteries. During the Vietnam war, autopsies that were done on young men who died showed shocking evidence that the process of atherosclerosis, both hardening and clogging the arteries, had already begun.

Heart disease is our society's biggest killer. Can you imagine what serrapeptase may do for you in your quest to have optimal cardio-vascular health?

We encourage you to search the internet for information on serrapeptase and Dr. Hans Nieper who treated President Ronald Reagan with it. You will be impressed. Everyone should be supplementing with it.

**NATTOKINASE:** Another exciting ingredient in the formulation of PEAK Enzymes "Without" is 2000 FU of Platinum Nattokinase (PN20K). The nattokinase compound was found by Japanese Doctor Hiroyuki Sumi whose research has been focused on finding natural agents that could successfully dissolve blood clots associated with heart attacks and strokes.

Sumi discovered nattokinase, after testing 173 natural foods, in 1980 while working at the Chicago University Medical School.

According to researchers, the body produces several types of enzymes for making thrombus, but only one main enzyme for breaking it down and dissolving it called plasmin.

The properties of nattokinase closely resemble plasmin, as it dissolves fibrin directly. In addition, it has been found to enhance the body's production of both plasmin and other clot-dissolving agents, including urokinase (endogenous).

Some are calling the compound one of the most important findings in potential prevention and treatment of cardiovascular related diseases, especially for the thinning and dissolving of clots effectively.

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Digestive Enzymes WITH

Supplement Facts		
Serving Size: 1 capsule Servings Per Container: 90		
	Amount Per Serving	% DV
Proprietary "EnzymEnergized™" Carbohydrate Enzyme Blend		†
Amylase	10,000 SKB	
Malt Diastase	900 DP	
Glucoamylase	20 AG	
Alpha Galactosidase	150 GALU	
Lactase	900 ALU	
Cellulase	750 CU	
Xylanase	600 XU	
Beta Glucanase	10 BCU	
Phytase	10 U	
Pectinase	150 ENDO PG	
Invertase	400 SU	
Hemicellulase	400 HCU	
Proprietary "EnzymEnergized™" Protein Enzyme Blend		†
Protease	45,000 HUT	
Acid Stable Protease	500 ASPU	
Peptidase DPP	660 DPP IV	
Bromelain	30 GDU	
Peptidase	4,950 HUT	
Papain	1,200 TU	
Proprietary "EnzymEnergized™" Fat & Free Radical Enzyme Blend		†
Catalase	90 U	
Lipase I	1,300 RP	
Lipase II	100 RP	
Proprietary Tetramin™ Mineral Blend	10 mg	†
† Daily Value not Established		

Other Ingredients:  
capsule (vegetable cellulose, water)

Systemic Enzymes WITHOUT

Supplement Facts		
Serving Size: 3 Capsules Servings Per Container: 30		
	Amount Per Serving	% Daily Value
Proprietary "EnzymEnergized™" blend	2,100 mg	*
Protein catalysts:		
Bromelain	500 GDU	*
Platinum Nattokinase (PN20K)	2,000 FU	*
Papain	6,000 TU	*
Peptidase	3,900 HUT	*
Peptidase S	30 LAP	*
Protease	390,000 HUT	*
Serrapeptase	80,000 U	*
Free radical catalyst:		
Catalase	300 U	*
Troxerutin	30 mg	*
Proprietary Tetramin™ blend	30 mg	*
*Daily Value not established		

Other ingredients: capsule (vegetable cellulose, water)

Warning: It is not recommended to take if suffering from liver, blood or kidney problems, nor during pregnancy and lactation. Likewise, it should not be taken with aspirin or anti-coagulants or without consulting your doctor about any other medication interactions.



Troy Aupperle Manufacturer of PEAK Enzymes Troy Aupperle is the founder and CEO of Enzymology Research Center, Inc. and has established himself as one of the industry's leading enzyme authorities. He has presented his enzyme seminars in six different countries and has been quoted in every major nutrition publication. Enzymology Research Center, Inc. (ERC, Inc.) was established in 1995 and is a leading nutraceutical contract manufacturer that specializes in enzymes and enzyme-based products. ERC, Inc. is also a premier raw material supplier of individual plant and cultured enzymes.

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**"Enzymes have an unlimited source of energy. They are still a mystery ... an enigma to scientists ... because they can not figure out where this energy comes from but this unlimited source is what drives us and gives us life as well as the energy to do what we want to do while we are here."** Troy Aupperle.

These statements have not been evaluated by the Food and Drug Administration (FDA). These products are not meant to diagnose, treat or cure any disease or medical condition. Please consult your doctor before using if you are pregnant or nursing.