

# Transcribing **SOQI-Zyme™** Webinar

**It's a pleasure to speak about SOQI-Zyme to you today and it is a pleasure to be able to create it and to make it for HTE. We deal with a lot of customers and you get a feel right away from what sort of customer you're dealing with in a hurry. The feeling we have about dealing with HTE is that HTE is a quality oriented company and we really like that. This is the type of company we like to deal with because you ask us to do the best we can and not do the cheapest we can and we really appreciate that because that's the sort of people we are, we like to do the best we can not the worst.**

One of the first things we were asked about digestion is, "What's the best formula you have for digestion?" So we showed them the formula that we sell to doctors (and have been selling to doctors for nearly two decades) that we constantly improve on. The first thing HTE did was say "well, give us some SOQI-Zyme samples because we're going to send them out to several of our people and we're going to take a trial of it and give you feedback on it". And approach to not doing things like this yields great results; so we learned a few things about our enzyme that we could improve on. I spent a few weeks working on it and improving it and I have to say it is the best and most improved enzyme formula we've ever made, and it's better than our professional product. That being said, we hope you appreciate it because it's the one that I personally take myself and give to my own children so I'm not kidding when I say this is my favorite enzyme I've ever seen.

You'll see that SOQI-Zyme has 3 formulas. It's composed of enzymes which digest food, has enzyme potentiators which are herbal sources that add to the enzymes to help them work and it also contains intestinal soothers which are important because if you're intestinal tract is not functioning properly or inflamed you won't benefit no matter what enzymes you take. So we need all 3 of those factors in order to make enzymes work better.

You might wonder how important are enzymes and how important is SOQI-Zyme? Well, digestion is key to our health. If we don't digest things we will all be dead and when you look at humans we have a marvelous digestive tract. It is miraculous what it lets

us do. If you think about the difference between you and I and a one celled organism; it is that we have a digestive tract that enables us to get up and walk around anywhere in our environment and carry our food supply with us. A single celled organism floating in the ocean has to have all the nutrition brought to it; it can't leave its perfect environment and walk on land and get its food or build buildings. You see your digestive tract is a marvelous thing and the enzymes in your digestive tract are key to breaking down things that we couldn't just otherwise survive without. The enzymes in your digestive tract are called the "sparks of life" and I think that is quite an accurate statement.

Now the number 1 organ that supports digestion and enzymes is your pancreas and it's a dual functioned organ because...well we all know about diabetes which is a disease of the pancreas. So people may only think about the pancreas of making insulin but actually the pancreas also makes the pancreatic enzymes that digest your food. You can see that the pancreas is a highly over worked organ. The reason it's over worked is because we have poor diets, eat processed food and generally don't get good nutrition. The pancreas is always trying to make up the problems it faces with our food supply, now obviously diabetes is one problem that results from that, but the other problem is general poor digestion and these enzymes just can't get produced enough partly because the food we have which should have some enzymes occurring naturally doesn't have any. Most people eat processed foods all the time, if we all lived off a fresh garden and ate fresh organic foods we wouldn't need digestive enzymes. How many of us live off our garden food everyday? Well we don't, it just doesn't fit most of our lifestyles and this is why the pancreas gets taxed heavily.

Our digestive enzymes are biochemical catalysts. A catalyst is something that enables and speeds up a chemical process but it doesn't become a part of the end product. The catalyst works on many molecules (all the molecules that go by the catalyst such as the enzymes in the stomach and intestinal tract) and if they go by the catalyst, the catalyst recognizes the chemical and then breaks it down.

That is the job of your digestive tract, to simply break things down into their individual components so that your body can use them where it wants to rebuild and build itself. Think about a lock or a key. If you have a key that fits in many locks but the key itself doesn't get used up, you can use it over and over again right? Well if enzymes are catalyst a logical question would be "why do I need to take more enzymes if they work over and over again?" Well the reason is because your digestive tract moves everything through it. So once the enzyme is secreted by your pancreas or stomach into the food it stays in the food until it exits your body so that's why we need to continuously produce more even though it's true that the enzymes keep working continuously.

## What can we do to help our enzymes work? Well there are two important things that we need to do:

1. Chew our food thoroughly because digestion starts in our mouth. Now you probably already know that but we often don't chew our food long enough and break it up long enough. If we don't break it up the enzymes can't get to the food to do their work, it's impossible. It's just like putting rocks in your stomach - there maybe something you want inside the rock but until you break it open you can't get to it; this applies to enzymes, they can't get to the nutrition if your food isn't chewed very well. Every mouthful of food that you and I eat, when you chew it there are glands in our cheeks that recognize what that food is. And if it doesn't stay in your mouth for a while and you don't chew it properly then your glands won't sense whether your food is a protein, fat or carbohydrate. So if your glands do not sense this then they cannot send the signal to your brain so that your brain can tell your stomach as to what enzymes to secrete. Giving time to chew is very important to begin the digestive process.
2. Do not drink cold liquids with a meal. If you're going to drink a liquid make sure it's warm or room temperature or hot because cold things shut down your stomach and all the chemical processes. We all know from high school chemistry that heat speeds up all chemical processes, if we cool off our stomach when we're eating we are going to hurt digestion.

We may not know about all the different enzymes

but if you look at the list I'll explain them:

**Plant enzymes:** Plant enzymes (if you look in parenthesis) are broken into amylase, protease, lipase, hemicellulase and lactase but the three main enzyme categories are: Amylase, protease and lipase. These would be the 3 basic foods groups of carbohydrates (which include sugars & fibers as well as carbohydrates).

**Protease:** Would be proteins; all of our proteins need a protease enzyme.

**Lipase:** These would be the lipids or fats that we eat. All the fats we need have to be broken down.

Therefore a formula like SOQI-Zyme has all these 3 types of formulas in them. We have them in at very concentrated values which is what the numbers on the label tell you. If you look at amylase there is 23,500 SKB units per gram; each type of enzyme has a measurement of unit to measure its activity or strength, it's actually telling you the strength and potency of each of the enzymes and these numbers tell a chemist that these are very potent enzymes and not watered down. You'll also see we have hemicellulase, cellulase is a fiber so it would go under the general category of amylase or carbohydrate but it's a specific type of carbohydrate called cellulase. Now when we eat plants they have fiber in them and that's what we're talking about. Cellulase is the fiber that plants are made up of. The reason we want to break down the fiber in those plants is because there is a lot of nutrition in those plant fibers. So breaking down cellulase allows you to get to the vitamins and minerals locked in the fiber of those plants.

Another enzyme is lactase which is the enzyme that breaks down lactose which is one of the sugars in milk. Now we know that a lot of older people are lactose intolerant and this is because as we grow older we don't produce the enzymes needed to digest milk which is why so many people realize they don't do so well with milk once they're past their teenage years. The lactase is there to help you digest a little bit of milk or anytime you're eating a bit of cream. The lactase is going to help with milk products. We're not saying to go out and drink a lot of milk now just because you're getting lactase, but we are just saying it will help anytime you do drink any milk products.

The other enzymes are Bromelain and Papain, these come from papayas and pineapples and they are protein digesters. They would fall in the protease category because they help break down meats. We may have heard of sprinkling papaya juice on meat to tenderize it, well its tenderizing it because the enzymes are breaking it down. The next enzyme is Pancreatin 8x; this is produced by your pancreas and is an animal based Pancreatin and "8x" means that it is 8 times more powerful than standard Pancreatin. This means it is very well concentrated. Pancreatin from your pancreas has all three types of enzymes (amylase, protease and lipase) so this is a broad spectrum that will help digest everything you eat. Additionally Pancreatin has two special protein digesters called trypsin and timo trypsin, these are very important for wound healing. Athletes who sprain their ankles are given this Pancreatin because it goes in and helps control inflammation and break down cells that are damaged and allows them to be rebuilt. So Pancreatin is useful in your digestive tract but also even in your blood stream.

SOQI-Zyme also contains Ox Bile, this is just bile from an Ox, and bile is used after your stomach when food moves into your small intestine. Your liver secretes the bile and bile changes the pH of your food. In your stomach your stomach produces acid. The reason it does this is to sterilize your food to a large extent so you're not swallowing too many living organisms that can be unfriendly to you (germs). The acids break down the food, so if you chewed your food the acid can get around that food and begin breaking it down. These enzymes also begin working on them and work better than pancreatin in your stomach because they work in a slightly acidic environment. So they work a little bit in your stomach and then when things move into your intestinal tract, the bile changes the pH to a more neutral pH around 6-7 and this is when the Pancreatin really begins working because it works best at a neutral pH and your food gets further digested.

**The quality of the formula and the other ingredients are 2 things:**

- 1. Gelatin (which is what the capsule is made of)**
- 2. Rice Bran**

We do not believe in putting fillers like magnesium stearate or silicone dioxide in our product to make capsules full. If you look at other brands you will almost always see magnesium stearate and silicone dioxide. These things aren't good for your health,

they're not horrible and they won't kill you. But they are not good for you and the only reason they're there is so the capsule can be made and so that the product run through machinery. It has no food value and magnesium stearate can actually hurt digestion. So one of the good things that HTE does is it has products without this magnesium stearate. We modify the machinery so that it can run without this lubricant. Magnesium stearate is a lubricant and you don't need it in your stomach. It keeps food from mixing with water, and if you don't have water in with your food then the enzymes can't get to all the molecules of food. It's a bad idea so it's just another benefit of having a high quality formula from people who really care about what we're doing.

**Enzymatic Potentiators:** If you look at this group the first item on it is glutamic acid. It is very similar to L glutamine which is an amino acid; your body can change glutamic acid and L glutamine back and forth into one and other all the time which is what our bodies do. Glutamine helps heal the intestinal tract and helps reduce inflammation, heals the cells and helps stop leaky gut syndrome. Leaky gut syndrome is a big problem and the truth is most people have a little bit of leaky gut syndrome. You may not be aware of it and hopefully you don't suffer from it too much but it is an endemic problem (it's everywhere) because of our diet. Our diet causes inflammation to our digestive tract and that causes the cell walls to separate too much. When they separate too much your intestinal tract becomes leaky, and that means undigested proteins leak through your cell walls directly into your blood stream when they should have been broken down into your digestive tract. If they aren't they are allergens inside your body and blood stream. This will cause your immune system to go crazy trying to fight these things and it will also cause systemic inflammation throughout the body and produce auto immune problems. Auto immune problems can affect your thyroid and pancreas. If it affects your pancreas you can become diabetic.

When we use enzymes it helps with the digestive tract, it will increase stomach HCL (hydrochloric acid) so it helps make sure we get the acid in our stomach when we need it there. It feeds the intestinal cells because its food and it also feeds the brain. Feeding the brain is pretty important to the digestive process because our brain is involved in coordinating all the chemical processes in the body such as digestion.

There are also 3 fruits in SOQI-Zyme: papaya, guava and pineapple; these are natural sources of enzymes and also enzyme co-factors. Co-factors are quite frankly things we don't know about. Man hasn't discovered all the chemicals in the plants and we don't know how they all work, but what we do know is that you can take the pure product like Bromelain and Papain (which are found in papaya and pineapple and guava) ...you can take the pure product but you'll always benefit from taking the natural product that has the co-factors that we don't even know about. It's like taking vitamin c or eating an orange. There are things in the orange like the skin that help the vitamin C works...so these are what we call co-factors. We also have papaya leaf which is like a bitter green leaf. Bitter things immediately stimulate your digestive tract to work to stimulate enzyme and bile production. We also have fennel seed in SOQI-Zyme which is a spice. It is not just good for flavoring things but it also stimulates digestion and helps break down fats, it helps eliminate gas and bloating and since it's a seed it helps clean the colon because of its fiber content, also helps to ease constipation.

**Intestinal Soothers:** These things also help solve leaky gut syndrome.

**Marshmallow root:** We've seen marshmallow perhaps growing in weeds, it's a tall reed. You've seen cat tails perhaps growing in weedy areas in the fall. Children like to see them spread all the cat tails and see the pollen spread. This root has been used by American Indians long before we discovered it. It's very soothing to the digestive tract because it makes mucilage that calms inflammation and holds things together so that digestion can happen. Marshmallow root has been taken on its own as a cure for digestive problems for hundreds if not thousands of years. This is very important as you can imagine this mucilage is just like a soothing compress inside your stomach to help these irritated cell walls to begin to heal and take the inflammation out so the cells can grow tight together again and not have leaky gut. Now zucchini is also in there, it has many similar properties as marshmallow root, it helps the digestive tract by soothing it, has fiber that picks up undigested material and helps to carry it out your intestinal tract. Lastly we have cayenne pepper; it has been used for thousands of years to improve digestion and it tonifies your digestive walls, so it tightens the intestinal tract and in tightening the intestinal tract it also cuts down inflammation. So these three are a triple play to really fight leaky gut

syndrome. Leaky gut contributes to autoimmune problems and diabetes.

To help our liver and the bile we made sure to add milk thistle seed and beet root to SOQI-Zyme. A lot of people are familiar with beets being good for the liver. Beets stimulate bile flow. Bile flow is very important because once food leaves the stomach it hits the intestinal tract and the bile has to be secreted from the liver to change the pH, if the pH is not changed you're going to have a burnt intestinal tract because of all the acid. Secondly the enzymes are far more active in the more neutral pH of 7; and this is exactly what bile does, it takes the pH from 2 or 3 down to a pH of 6 and up to 7.4 and that is the magic of bile and beet root stimulates your liver to secrete it. Now milk thistle seed also does that. Milk thistle seed is probably the single most highly studied herb for the liver and it helps the liver do all of its chemical processes and helps to increase glucuronidation and sod which are anti oxidants, they are also chemical quenchers. They stop chemical processes that your liver starts and it has to be able to stop them and that's what it uses. It helps the liver to detoxify, stage 1 & 2 detoxification. This is very important because the liver produces bile. It's very common to have bile problems and have them removed because the bile is not flowing; well we are trying to make sure that it does flow. So that everything happens as it should.

## How many capsules of SOQI-Zyme per meal?

- The size and type of meal, our age and our overall digestive function come into play. So taking one capsule with each meal is a great idea. Taking more for many people is a better idea. If we're eating a meal that we know will be hard to digest and we know we have problems with certain foods then you're going to want to take more of SOQI-Zyme. Fats are hard to digest so typically a high protein and fat meal you might want to take more. If we're eating a lot because we're hungry or we like the food, then you're going to need more. Our age is also a huge factor, if you think about it seniors have a hard time eating and they complain about food just sitting in the stomach. It feels like rock and they don't want to eat anymore. It's a terrible thing but we understand if you don't eat you just can't keep living and you can't keep your health up. One of the reasons for this is because in seniors the pancreas is done working because

its worked hard all its life and basically has no power left and seniors are not digesting their food properly. And it's amazing that all these nursing homes and care facilities don't give a lot of enzymes to their seniors. Giving them enzymes would be a game changer and you would have more seniors eating again. When your digestive track shuts down, there is not much hope. A person from 50+ years should take it and taking 1 a meal would not be enough, you would at least need 2 or 3 a meal. Then again if you're eating a lot of fresh healthy foods you will benefit more from the product as well.

SOQI-Zyme is intended to be taken long term, it's very safe. We understand a person can take many at one time. In fact we made a similar product but not as good that we sell to doctors. One of the doctors that helped me develop this product, he's had people take as many as 9 capsules per meal for people who had very poor digestion. I'm not suggesting that you need it but I'm just pointing out that the product is very safe for almost all people and so you don't need to hesitate to say, "oh I better not take more than 1 or 2." If you need it then you'll sense it. How will you sense that you need it? Well if you have indigestion, gas or bloating, these are signs that you're insufficient in enzymes. There are other things related as well like allergies and headaches. We may not think that these are associated with enzyme

deficiencies but they can be. Here's a fun fact to think about: If your friend has a head ache ask them where it is (front, back etc). If the headache is in the front of the forehead think about eating too much ice cream too fast. Doesn't that cause the front of your head to hurt (brain freeze)? That's digestion; it's all that cold hitting your stomach and absolutely stopping the digestive process. So digestive headaches are frontal headaches, if the headache is in the back and lower part of the head it's quite often hormonal. These could be examples of digestion headaches.

For allergies, it goes back to leaky gut syndrome because if our intestinal tract is inflamed and we eat foods that don't sit well with us we get leaky gut and then you get that into the digestive tract, the blood stream and you get allergies.

SOQI-Zyme is a foundational health formula and not a fad product. That's something to be proud of, and that's why it's good for HTE because HTE doesn't sell any fad products. They are products people can use long term and SOQI-Zyme is one of them. The Go Green is another product that is foundational to health. It has so many health benefits.

## Questions about SOQI-Zyme:

### Question #1:

**When SOQI-Zyme was tested it had the charcoal ingredient in it and it was said that charcoal helps with digestion. Now that we replaced the charcoal with something else was there anything added to replace the benefits that the charcoal had?**

Answer: Yes we did a couple of things. We added more papaya leaf because that is going to stimulate your natural digestive juices of flow and we also added more beet root to make the bile flow. One of the functions of charcoal was to neutralize acid so if we're not going to have it in the product we want the bile flow that will do it naturally so that's the beet root and the milk thistle. Removing the charcoal was a smart idea because the charcoal in your stomach is going to absorb the acid and at that point you need the acid, so it was a great suggestion from HTE to remove it.

### Question #2:

**What really makes SOQI-Zyme so different than other products?**

Answer: I would say the fact that we've seen that the whole system from your mouth all the way to your intestinal tract is crucial and what can we do to help during this digestion process? That's why it has 3 formulas, SOQI-Zyme could just be only enzymes and you can make the argument that by taking more enzymes that's going to be stronger and better for me but that's simply not true because you need the intestinal soother. Digestion isn't only enzymatic you have to have all the right conditions. We're making sure that we are giving you enzyme co-factors with the enzyme potentiators and then we're making sure that your body is working along with the intestinal soother. Leaky gut syndrome is a huge factor and if you don't address it enzymes will actually be irritating your intestinal tract further if it's already not working properly.

If you look at the enzymes and other differentiators in our enzymes; we have plant and animal enzymes. The reason we have both is because both have qualities superior to the other so if you're missing one you're going to miss out some of the good qualities of the other. The plant enzymes actually work better in the stomach in the acid environment but the animal enzymes (the Pancreatin and Ox Bile) work better in the end for the small and large intestine. I've seen lots of formulas that have one or the other, but people are starting to implement both.

**Question #3:**

**In the brochure it says SOQI-Zyme has been formulated with clinical feedback with experts with over 50 years combined experience. Can you elaborate on this? Were they all doctors?**

Answer: I have 25 years experience myself in formulating and that is what I do, I formulate formulas such as the Go Green. We also work with a medical doctor who is an acupuncturist, herbalist and homeopath he is in his 70's and he alone has over 50 years experience. Also our manager at work is a certified clinical herbalist and he's had that certification for 20 years and we have a PHD chemist as well. We mentioned on the call that this formula has been clinically tested for almost 2 decades and that we've been selling this similar product professionally and have systematically listened to feed back. When we make it we send sample bottles to the doctors and tell us what worked and what they didn't like. We liked how HTE wanted sample bottles so they can try it and give us feedback as well. We learned a few things like the taking away of charcoal away, so that actually improved the product. We attribute that to HTE.

**Question #4:**

**What is Ox Bile? Is that adding more enzymes?**

Answer: Ox bile is secreted past the stomach. When food enters the small intestine that's where the bile is secreted and that's a mixture of several things that your liver accumulates and stores in the gallbladder. There are a lot of people who don't have a gallbladder anymore especially in women. When this happens people have a very hard time digesting fats. Fats have to be digested at a more neutral pH and the bile from the gall bladder. It's actually really from the liver, the gallbladder is just a container in the liver that makes it and stores it in the gallbladder and then the gallbladder squeezes it out into your intestinal tract. There are so many people who do

not produce enough bile and that is why it's wise to have it in SOQI-Zyme.

**Question #5:**

**In respect of some of the customers who are totally vegetarian; how can we convince them to use SOQI-Zyme when there are animal enzymes in there?**

Answer: The fact is, you can't get bile from anywhere else especially plants. Now we put products in there to help your body produce and secrete bile (like milk thistle and beet). It is a universal problem, if a person is vegetarian we respect that but the fact is humans need some things that are only found in animals. No animals are killed for their bile. Bile is a by product that any animal that is ever killed, well here's their intestines. What do you do with the intestines? Do you throw them out? Do you use something from them? But it's not like its leather and we killed some endangered animals to eat its leather. Or this isn't ivory from elephants and they're killing the elephant. No, the animals were killed for other purposes and the bile is harvested just as a secondary reason not a reason for killing the animals. The same thing goes for the pancreatin. The animals are not killed for the enzyme content, but since the animal is dead you may as well use what you can. The fact is we've tried this formula just vegetarian. We have actually taken this ingredient out and we've sent them to doctors and clinics because we wanted to make a vegetarian product but it does not work as well. We just don't know of any other way and that's the hard fact. So if you want your digestion to improve, I don't know of any other way.

**Question #6:**

**We mention that SOQI-Zyme cleans the blood, how can that be?**

Answer: The primary way is to stop leaky gut syndrome. If your food is well digested and the intestinal tract is working well then you don't have leaky gut, if you don't have leaky gut then you don't have undigested food leaking into your blood stream. So your blood stream is clean to begin with. However these enzymes themselves when they get into your blood stream then they become very useful. I was mentioning when I was talking about Pancreatin 8x that it has trypsin and timo trypsin...well these enzymes are good in your blood stream and they also go to damaged tissue in your body (I mentioned before when you sprain ankle etc.). Trypsin and Timo trypsin are called for at that point to break down damaged tissue so your body can rebuild and also

reduce inflammation so that's how it's cleaning the blood. It's cleaning the blood and even going specifically to actual damaged areas of your body and cleaning that damaged areas so you can rebuild it and fighting inflammation and I think most people are aware that over inflammation (chronic inflammation) is one of the chronic problems that we have in western society because of our diets. This leaky gut syndrome starts in your stomach and just goes to your whole body. We have a huge increase in mental degeneration as people grow older (dementia, Alzheimer's). There are a lot of herbalists that are convinced that Alzheimer's comes from leaky gut syndrome because the blood isn't clean and its dumping from your intestinal tract all of these food molecules that should never get into your intestinal tract until they get broken down. Imagine, a person trying to build a cabinet and they can't cut up wood because they don't have a saw but they have ply-wood and lumber but they can't cut up in the shape and form their wood into a beautiful cabinet. Well you can't buy cabinets because they don't have the tools. Digestion enzymes are the tools that your body has to have to break things down, other wise, how does your blood stream feel about having a piece of ply-wood floating around in it instead of the piece it needs to build it? The point is leaky gut syndrome moves into the brain and causes inflammation. When you eat things that inflame your digestive tract they also inflame the blood brain barrier and they cause it to have the same problem as leaky gut syndrome except this is called leaky blood brain barrier. For the blood brain barrier - if those cells that line the capillaries (that feed the brain) become inflamed because of all this junk floating around in your blood stream then your blood brain barrier becomes leaky and then it gets into your brain and causes inflammation and that's what can causes Alzheimer's. The plaque that builds up in people's brains that stops their neurons from functioning and causing Alzheimer's disease. This all comes from the digestive tract, so when we say this cleans the blood we are telling you that this is a profoundly important thing to take. Alzheimer's is a function of improper blood brain barrier and it's the same problem as leaky gut syndrome.

**Question #7:**  
**Should people consume SOQI-Zyme before or after meal?**

Answer: It's designed to be taken with your meal but

if you take it before or with the meals that's fine. The capsule has to disintegrate which it does in just a few minutes then your stomach has the enzymes that would move with the food through your entire intestinal tract. It's made to digest the food that you're eating. So taking it with food is a good idea. If you want to take a few minutes early that's fine but you don't need to take it early just with meal. If you took it on an empty stomach then it would have benefits. If you take it between meals (some of the enzymes since there won't be so much food mixed with it) the enzymes will actually go through your digestive tract into your blood stream where the Pancreatin enzymes can help clean up things that are in your blood stream that need to be. There may be undigested proteins in your blood stream or healing wounds, bruises, and sprains etc. in your body where your body needs to have some tissues. When tissue is damaged it has to be broken down and digested. Well that's enzymes. The enzymes can circulate in the blood and help heal wounds. So if you had a sprained ankle, you might want to take 2-3 capsules between meals for a few days to help heal the sprained ankle. That would be a clever use of the product. But it is generally intended to be taken with food.

**Question #8:**  
**How young can you be to take SOQI-Zyme?**

Answer: I would wait until a child is around 7-8 years old to be given this. There may be children younger that may need it but I would be careful and I would stay more around 8-10 years old. Since they're a child one capsule would be a lot for them.

**Question #9:**  
**In one of HTE's supplements called Betaloe there is an ingredient called Aloe Vera. Will there be any alteration with the enzyme if the customers take this together?**

Answer: No Aloe Vera is considered to be good for the digestion tract itself so it would be complimentary.

**Question #10:**  
**Can you mix Go Green and SOQI-Zyme?**

Answer: Go Green with the enzymes would be a very good combination. The products in Go Green are low temperature processed.

The reason that's important is because that preserves the enzymes, they don't break down. Go Green already has a lot of natural enzymes in it, just in the plants and so it does pretty well by itself however, the enzymes are only going to help it work if a person's digestion is not optimal then a capsule of the enzyme will go well with it.

**Question #11:**  
**Is SOQI-Zyme ok to take with prescription medication?**

Answer: If a person is taking something like a blood thinner (like Coumadin) you might want to check with your doctor if it changes the requirements. It's always wise to start out not taking too many at once to see how your body reacts and if you notice any difference. In general, digestive enzymes are quite safe. Your body produces these on its own so all we're trying to do is to make sure you have enough enzymes. So it's not something strange to your body and a digestive enzyme would be very safe. But to be able to say that there is no problem, well there can always be a problem with something. It's just not anything to be worried about.

**Question #12:**  
**Since our bodies produce enzymes of our own will that inhibit us to create our own enzymes after you stop using SOQI-Zyme?**

Answer: That is another reason why we put some of these other things that will stimulate your body to continue and in fact build its own enzyme production. So we don't want your body to stop making them. That is why we have the papaya leaf, fennel seed, zucchini, beet root, and milk thistle seed. All of these things will actually stimulate your body to produce more enzymes. However as we age our pancreas just cannot keep up and make enough enzymes so you just have to supplement sometimes. If anything SOQI-Zyme is taking stress off the pancreas, we're getting food to digest better so that your body becomes stronger so that it CAN produce enough. For the feedback mechanism for enzymes, you would probably have to take 20 of these with every single meal to begin affecting the feedback loop that says "oh you've got too much; you can shut the pancreas down now and take a break." You're not going to get that high of an enough amount to shut down.

**Question #13:**  
**What's the exact temperature that SOQI-Zyme is processed in?**

Answer: There are different things that are processed at different temperatures so the enzymes are processed at low temperatures but at different temps since the ingredients are different. We should keep enzymes under 120 degrees F. Anything above that will allow enzymes to break down. Sometimes they even break down at 110 degrees F. In other words, body temperature is as high as you want to go for the enzymes to be preserved.

**Question #14:**  
**How much water should be taken with SOQI-Zyme?**

Answer: Presuming you're taking these with a meal, most people consume 8-16oz of water with a meal, so that would be the fair answer. It's important to have plenty of liquids between meals. Because with a meal you want enough liquid so you don't have a thick paste, you want to have liquid going through with the meal but you also don't want it too watered down. Your main liquid source should come between meals and that's when you should be drinking water. 8-12 oz of water is plenty with meals. People might overload with too much liquid and you could reach a point where things are just too watered down at meal time.

**Question #15:**  
**If someone likes a very heavy protein diet, should we suggest them to take more enzymes?**

Answer: Yes we do, proteins are very difficult to digest and the only way to digest them properly is more enzymes. The Bromelain and Papain-those are two protein digesters as well as there's protein digestion in the plant enzyme group and pancreatin group so there's a lot of protein digestion in the formula.

**Question #16:**  
**Let's say if a person is trying to solve a problem like a digestion problem; is there a certain period of time where they will notice any improvement or difference? How long should they take SOQI-Zyme for?**

Answer: Well SOQI-Zyme was intended to be used long term. Once you're no longer a teenager you probably need some SOQI-Zyme, you may not need it every meal but this is a kind of product that a person is going to take pretty much for a good portion of their life and it's because digestion is your foundation of health. This is a product all people need and they need it as long as they live. It's similar to Go Green.

Go Green is a long term product it helps to build up your body's health every time you take it and it's intended to be safe for long term use. As far as indigestion goes, I would start a person with 2 capsules with every meal and they really might need to take 3-5 capsules if their digestion is very poor because they might be not producing any enzymes and the pancreas is non functional. And the only way you're going to help that is to help the pancreas function by giving enzymes. Hopefully you're not going to run into a lot of people who need that. But there are people that need many per meal. If a person has terrible indigestion, they need to think about chewing their food and slow down when they eat. Most of us are hurrying all the time. Well at meal time that's the wrong thing to think. Yes, you can eat fast and then get back to work. But we should not do that. Meal time is the time to chew the food so your brain can sense what you're eating and start telling your pancreas what enzymes to make. You can't do that instantly. When you're eating, slow down and drink some warm water with your meal, enjoy the food, take that break and do that three times a day and in between meals drink plenty of water, tea or something healthy.

**Question #17:**  
**Would SOQI-Zyme be a good product for people suffering from constipation?**

Answer: It would help but be reminded that it is not a laxative. If a person has chronic constipation then their stress is an absolutely problem that causes our stomach muscles to lock up, poor diet, and having no fiber so they're probably eating processed foods and not fruits which have their natural fiber in them. They are probably not drinking enough water. So this is not a laxative but it will help those people if the problem is lack of enzymes but it's not going to work for some people because they just need a stronger laxative.

**Question #18:**  
**Go Green is a non GMO product; can we say the same about SOQI-Zyme?**

Answer: Yes we can, it is a non GMO product. There may be laws about what can be put on print or on a label. There are so many laws. There might be a law where you might have to have it tested for GMO or something. I don't know what the law is but I do know that this is a non GMO product. We don't have any genetically modified organisms in here. We don't have any by products of anything that is in here or hidden ingredients. SOQI-Zyme is a non GMO product.

