

TRANSFORMATION ENZYME CORPORATION

Protease IFC and RepairZyme Trial Results

University of Houston Football Program

November 2009 – February 2010

Transformation Enzyme Corporation (TEC) was given the opportunity to work with four University of Houston (UH) football players in support of their injury recovery process. Two of the players had severe injuries that required surgery and the other two were dealing with typical sports injuries but no surgery was necessary. The protocol for the two post-surgery players was Protease IFC (5 caps) and RepairZyme (5 caps) 4 times per day. The protocol given to the other two players was Protease IFC (3 caps) and RepairZyme (3 caps) 3 times per day. The athletes were asked to complete a pre- and post-supplement survey. The following is a recount of their experience along with overall impressions from their strength and conditioning coach.

I am the Assistant Strength and Conditioning Coach for the University of Houston Cougars. In the summer of 2009 I had knee surgery and on the recommendation of a colleague I contacted Transformation Enzyme Corporation for information and supplements to support my recovery. After studying the available research on proteolytic enzymes I began a nutrition and enzyme protocol. I experienced reduced swelling and inflammation in my knee with greater range of motion almost immediately. These improvements supported my rehab protocol and full recovery came quickly.

In October of the 2009 football season several of our players were injured. Based on my own positive experience with Transformation the 4 players agreed to participate in a “trial” using Transformation’s protocol.

Chad Dennis, NSCA and CSCCA certified
Assistant Strength and Conditioning Coach
University of Houston Football Program

Athlete #1 is a Senior majoring in kinesiology. At 6'3", 230 lbs, he is a starting linebacker for the UH Cougars.

In October 2009 he tore the ACL/MCL on his right knee, which required surgery to repair the damage. He is familiar with this type of injury, as he had previously torn the ACL on his left knee the previous year. In November 2009, following surgery but prior to supplementation, he reported:

- Pain level was 5 on a scale of 1-10
- Swelling was barely noticeable
- Range of motion was 50-75%
- Weight bearing was 50-75% with minimal assistance
- Knee strength was 50%

This athlete began a supplementation protocol of Protease IFC (5 caps) and RepairZyme (5 caps) 4 times per day. In late December he was able to do deep squats with 315 lbs of weight with no adverse reactions in the right knee. As of February 2010 he reported:

- Pain level was 2-3 on a scale of 1-10
- There is no swelling
- Range of motion is 75- 100%
- Weight bearing is 100% with no assistance
- Knee strength is 75%

At 3 months after the surgery Athlete #1 has met or exceeded the rehab treatment protocol goals set forth by the athletic trainers. He is currently sprinting, making lateral movements, and is at 100% pre-surgery condition. He reports the supplements helped overall soreness, fatigue, endurance, and recovery.

Athlete #1 comments: "I felt a noticeable difference when I stopped the supplement intake. Improved digestive health phenomenally."

Athlete #2 is a red shirt Freshman whose major is undecided. At 6'3", 280 lbs, he plays left tackle for the UH Cougars.

In October 2009 he tore the ligaments in his left ankle and required surgery to repair the damage. He has had sprained ankles in the past but never had ankle surgery until now. In November 2009, following surgery but prior to supplementation, he reported:

- Pain level was 8 on a scale of 1-10
- Swelling was severe and ankle was unrecognizable
- Range of motion was 0-25%
- Weight bearing was 0% as he was unable to stand on his ankle
- Ankle strength was 0-25%

This athlete began a supplementation protocol of Protease IFC (5 caps) and RepairZyme (5 caps) 4 times per day. As of February 2010 he reported:

- Pain level is 3 on a scale of 1-10
- There is no swelling
- Range of motion is 75-100%
- Weight bearing is 100% with no assistance
- Ankle strength is 75%

At 3 months after the surgery Athlete #2 has met or exceeded the rehab treatment protocol goals set forth by the athletic trainers. He currently squats 400+ lbs and is running, sprinting, shuffling, and changing direction and experiences no adverse reactions with his ankle. He is at 100% pre-surgery condition with no modifications to his workouts.

Athlete #2 reports the supplements helped his overall soreness, fatigue, endurance, and recovery.

Athlete #3 is a Junior majoring in computer science. At 6'3", 275 lbs, he is the starting left guard for the UH Cougars.

In October 2009 he sprained his left knee and ankle. He was out two games but continued to play the remainder of the season. Prior to supplementation he reported:

- While playing, pain level was 6 on a scale of 1-10
- Swelling was moderate
- Range of motion was 50-75%
- Weight bearing was 100% with no assistance
- Left leg (knee and ankle) strength was 50%

This athlete began a supplementation protocol of Protease IFC (3 caps) and RepairZyme (3 caps) 3 times per day. As of February 2010 he reported:

- Pain level is 5 on a scale of 1-10
- There is no swelling
- Range of motion is 75-100%
- Weight bearing is 50-75% with minimal assistance*
- Left leg (knee and ankle) strength is 75%

*During the 3-month trial, Athlete #3 re-injured his left knee, which explains the decrease in overall weight bearing. He remained on the enzyme protocol and he believes this is what helped him continue to work out and practice. He currently participates in all training and workouts but feels he is not quite at 100% and plans to have surgery following Spring Training.

Athlete #3 comments: "The supplements definitely helped me finish playing the rest of the season – great product!" He reported the supplements helped him with soreness, fatigue, endurance, and recovery.

Athlete #4 is a Junior majoring in Kinesiology. At 6'2", 210 lbs, he is the starting quarterback for the UH Cougars.

In October 2009 he sprained his right ankle but continued to play the remainder of the season. Prior to supplementation he reported:

- Pain level was 2-3 on a scale of 1-10
- Swelling was barely noticeable
- Range of motion was 75-100%
- Weight bearing was 100% with no assistance
- Ankle strength was 85%

This athlete began a supplementation protocol of Protease IFC (3 caps) and RepairZyme (3 caps) 3 times per day. As of February 2010 he reported:

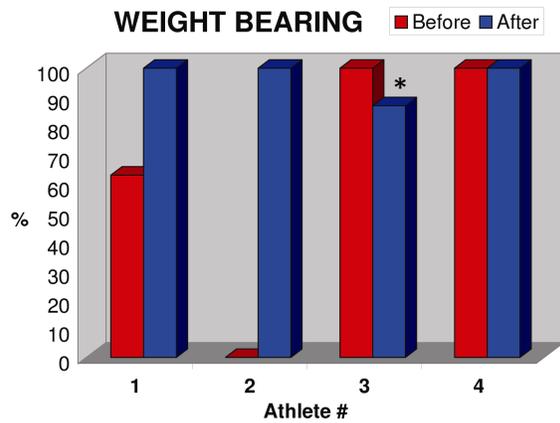
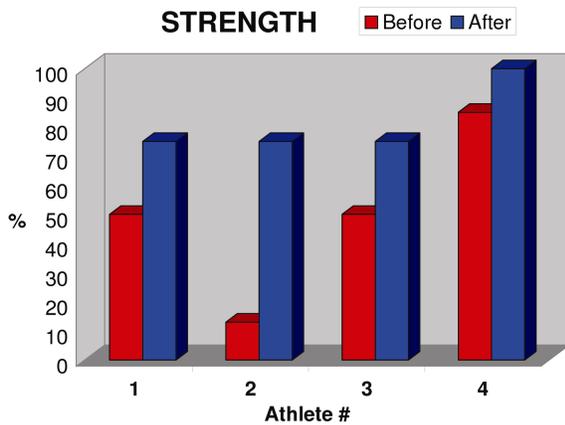
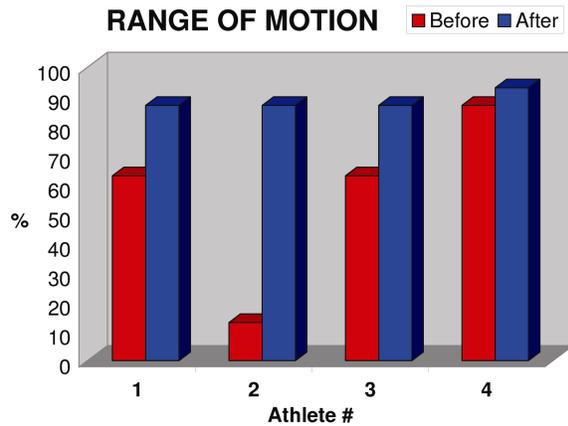
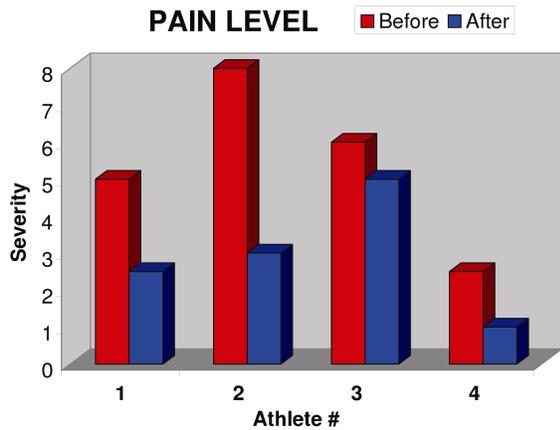
- Pain level is 1 on a scale of 1-10
- There is no swelling
- Range of motion is 90-95%
- Weight bearing is 100% with no assistance
- Ankle strength is 100%

After beginning the supplements his range of motion improved and by the end of the season the ankle was healed. Athlete #4 currently participates 100% in training and full workouts with no modifications.

Athlete #4 reported the supplements helped him with soreness, fatigue, endurance and recovery.

Summary

My observations of the injured players' recovery processes were very positive. The guys were able to push themselves hard, meeting and exceeding the treatment goals of the athletic trainers. More importantly, I believe they were very compliant to the protocol because they felt better and could see the results. Off season, January through mid-March, is when we focus on strength and conditioning. I am pleased they are at 100% for this training and will be ready for Spring football practice.



Chad Dennis has a bachelor's degree in kinesiology from the University of Texas and a master's degree in kinesiology from Texas A&M University and is certified by both the National Strength and Conditioning Association (NSCA) and the College Strength and Conditioning Coaches Association (CSCCA). He has assisted football, basketball, and equestrian athletes with strength and conditioning at the University of Connecticut and Texas A&M University as well as Westfield High School in Spring, Texas. Chad also has experience as a physical therapy technician at several occupational health care facilities.