

My Favorite Enzyme Brands

1. Houston Enzymes:

Available at www.houston-enzymes.com and widely available on the Internet and at our office. We aren't allowed to advertise a reduced price, but can give you our prices via email at loveautismhealth@gmail.com

I use two formulations of the Houston Enzymes:

- **TriEnza** - available in capsules, powder and chewable tablets. This is my “go-to” brand at my office, with the powder and the capsules being the hands down favorites of my patients.



The powder has no added flavors, but still has a slightly “grassy” flavor. It is best camouflaged by a tart drink like lemonade or juice, and does well in catsup, peanut butter and apple sauce. See more ways to mix with food and drinks [here](#) and [here](#).

You can open the capsules and use the contents as a powder, too. It will have more filler (as capsules do), but many find it easier to carry in the purse or car this way.

The chewable tablets have a strong lemon pomegranate flavor that reminds me of lemon furniture polish. You also have to take twice as many chewables as capsules, because a chewable tablet has more binders. (Children may initially accept the flavor, but having to take so many with every meal and snack causes eventual rejection in my experience at the clinic.)



- **AFP Peptizyde**, available in capsules only.

2. Vital-Zymes Complete by Klaire Labs

Available at www.klaire.com, but you must register with a Patient Authorization Code from your licensed healthcare provider who also must be registered with Klaire.



Products from Klaire Labs/ProThera are usually only sold in the offices of healthcare professionals. I have seen them on Amazon and elsewhere on the Internet, but you cannot be sure of their origins because they aren't supposed to be sold there.

Vital-Zymes Complete are available in capsules and unflavored chewable tablets, and a stronger formulation called Vital-Zymes Forté capsules.

It is not available in a powder, but you can open the capsules and mix with food or drink. See tips for mixing with food and drinks [here](#)

Heads up: Contains eggs in the ingredients.

3. Kirkman Labs

Available at www.kirkmangroup.com



- **Enzym-Complete/DPP-IV** capsules
- **Enzym-Complete/DPP-IV II with Isogest** capsules and chewable tablets
- **Maximum Spectrum Enzym-Complete/DPP-IV II Fruit Free with Isogest**
- **DPP-IV Forte** capsules

None of the Kirkman formulations are available in a powder, but you can open the capsules and mix with food or drink. See tips for mixing with food and drinks [here](#).