



## ***Getting Kids to Take Supplements***

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### **Questions & Answers**

#### **How can I give enzymes with my child's school lunch?**

Often you can work with the school to arrange supplementation. If not, you may try mixing the enzymes into a cold drink in a thermos and adding ice cubes to keep it cold. The cooler (even frozen) you keep an enzyme, the longer it lasts. This is important because enzymes become activated, and then start losing their activity once put into a liquid solution. Chewable enzymes may be an option for school.

#### **My child won't swallow capsules. Can I sprinkle the enzymes on her food?**

Yes. The enzymes will mix with food or beverages, although it may tend to clump. The enzymes have a "grassy" taste, which can be easily masked with fruit juice, ketchup, etc. Please be careful to not inhale the enzyme powder, and to clear any residual enzyme powder from the mouth and throat area with additional food or beverage. Consider our chewable products which are popular alternatives to capsules.

#### **Will heat affect supplements?**

Enzymes remain active up to about 125-130 degrees Fahrenheit, but they will be inactivated by cooking temperatures. Enzymes can be added to foods after cooking, just prior to serving. Enzymes are not harmed at all by cold temperatures, in fact; the colder they are kept, the longer they keep their activity.

#### **Can I use HNI enzymes with other supplements and medications?**

For the vast majority of medications, yes; with the exception of certain time-released meds that use cellulose as part of the time-release mechanism. It may be possible that enzyme products containing CELLULASE may break down the cellulose, causing more medication to be released. Enzymes will not interact with or be affected by the active ingredient in medications or supplements. This includes anti-depressants, seizure meds, and any other pharmaceutical product. Since these products are designed to withstand the digestive enzymes found in the small intestine, then obviously, they will not be harmed by oral enzymes.

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## Mixing Ideas

### Drinks

Enzymes gradually lose their activity level once mixed in liquid or food. You can keep enzymes "good" longer by putting them in a cold drink, up to about four hours. You can freeze the drink you mix them in for use later.

### Drink ideas

- juices
- lemonade (good for hiding cod liver oil)
- soda
- milk and milk substitutes
- Kool-Aid or Wyler's drink mix
- Keep individual baby juice bottles in your car for mixing enzymes. Use a straw to minimize the taste of supplements.

### Foods

Foods may break down quickly when mixed with enzymes. Nut butters and cooled chocolates are better choices for preserving enzymes for later use. The oil in nut butters and chocolate helps to keep the enzymes encapsulated. Enzymes mixed with foods may be frozen for about two weeks.

### Food ideas

- applesauce
- jam, jelly
- honey
- baby food
- spoonful of melted ice cream
- ketchup
- Peanut butter, cashew butter—Try mixing enzymes in peanut butter before spreading on sandwich bread.
- maple syrup, pecan syrup, chocolate syrup
- mixing syrups available in the pharmacy department
- yogurt
- pudding
- mix into homemade Popsicles
- frosting
- brownies (another possibility for cod liver oil)
- open a french fry, hot dog, or other food, scoop out a hole and pour in the enzyme
- gumdrop candy - split open and hide enzyme contents
- see recipes for chocolates and gummies

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## Away From Home

If pre-mixing enzymes, they need to stay cold to keep them from losing activity. While cold, enzymes should be fine for about four hours before significant loss of activity. Pre-mix with the liquid before you leave home and keep cold with in a lunchbox with ice.

Another method is to take the liquid with you, but don't mix the enzymes until it's time for your child to eat. This way you don't have to keep anything cool.

Four oz. baby juice containers make good shakers. Dump out some of the liquid, add enzymes and shake. Let sit a few minutes to help dissolve the clumps, then shake again. Save empty bottles to re-use with other liquids.

Drinking the enzyme mix with a straw helps minimize the taste and keeps enzymes off the skin around the mouth. Frequent contact with enzymes around the outside of the mouth can cause some irritation.

Enzyme Chocolates or Enzyme Gummies (see Recipe section) can be taken away from home if not in danger of melting. Try Mixing enzymes into peanut butter, then spread on a sandwich; the peanut butter oil will keep the enzymes from breaking down the sandwich.

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## Recipes

### Enzyme Chocolates

Mix enzymes into a small dollop of warm (not hot) melted chocolate on wax paper, then freeze. The enzyme candy wafer can be stored in the refrigerator for a few days or in the freezer for a few weeks. Other flavors of melting candies can be used. Mixture may be poured into candy molds or ice cube trays as an alternative.

**Our Chewable Tablets** may be dipped in warm, melted chocolate and cooled on wax paper. Then stored as above.

### Gummy Zyme Recipe

1 small box (3 oz.) of flavored gelatin, such as Jell-O  
2 envelopes unflavored gelatin, such as Knox  
1/2 cup water

Stir the above ingredients in a saucepan over low to medium heat, just until completely dissolved (about 2 to 5 minutes). Pour into candy molds or ice cube tray. Once gummies are set, slit open and pour in enzymes. Store-bought gumdrops may be used in the same manner.

Enzyme Gummies should keep for a few days, and at least a couple of weeks if frozen.

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## Helpful Links

### Teaching Pill Swallowing

<http://www.dbpeds.org/media/2004AutumnSODBPNews.pdf>, p.26

### How to Get Kids to Take...Pills!

<http://www.acor.org/ped-onc/treatment/Pills/pills.html>

### Primer & Video on Pill Swallowing

<http://baylorids.org/resources/>

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