

> *Food Enzymes (120 caps) by Nature's Sunshine*

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Manufacturer: Nature's Sunshine

Benefits:

- Supplements the body's production of important enzymes.
- Provides a blend of enzymes to digest proteins, carbohydrates and fats.
- Provides hydrochloric acid and bile salts to help digest proteins and fats.
- Helps prevent or relieve occasional indigestion.

How It Works:

Enzymes break down food into compounds for absorption into the bloodstream.

This combination of enzymes offers more complete digestive support when taken with meals. This formula includes pepsin, which is used for pre-digesting proteins in the stomach. Betaine HCl helps create an acidic environment to facilitate the activity of pepsin. After food reaches the small intestine, the enzyme pancreatin further digests protein, carbohydrates and fats in the small intestine. Pancreatin also helps to support the pancreas. Alpha amylase digests starches. Bile salt makes fats soluble, preparing them for further digestion by lipase. The enzymes bromelain and papain aid in the digestion of proteins. Bromelain also offers other health-related benefits, including relaxing smooth muscles and supporting joint health.

Taken between meals, Food Enzymes works systemically to break down proteins associated with joint health, arterial health and immune activation. One capsule will help you digest a minimum of 30 grams of protein, 30 grams of carbohydrates and 20 grams of fats.

Ingredients:

Betaine HCl, bile salt, bromelain, lipase, alpha amylase, pancreatin, papain and pepsin.

Recommended Use:

Take 1–2 capsules with a meal three times daily.

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