



NATURE'S SUNSHINE

Hi Lipase

Vegetarian

Non-GMO

GOOD FOR

Digestive System

Small Intestine

Stomach

SIZE **100 Capsules**

ITEM # **1528**

SERVING **1-2**

SUPPLY **25-50 days**

DIRECTIONS FOR USE Take 1-2 capsules up to twice daily before consuming high fat foods.

— How the Key Ingredients Work

Hi Lipase brings together a thoughtfully chosen blend of digestive enzymes, time-honored herbs, and nourishing botanicals to help your body break down food more comfortably and get the most out of every meal. Each ingredient plays its own role — from easing post-meal fullness to supporting healthy blood sugar, antioxidant defenses, and more.

Lipase — The star of this formula, lipase is the enzyme your body uses to break down fats from food. When fat digestion runs smoothly, you're less likely to feel heavy or uncomfortable after a meal. Research shows supplemental lipase can meaningfully reduce that stuffed, bloated feeling after eating, especially following a higher-fat meal.

Amylase — Amylase is the enzyme that tackles starches and carbohydrates, breaking them down into simpler sugars your body can actually use. Without enough amylase activity, undigested starch can ferment in the gut and cause gas and bloating. Supplementing with amylase helps support smoother carbohydrate digestion and more comfortable mealtimes.

Cellulase — Humans don't naturally produce cellulase, the enzyme needed to break down the tough fibrous walls of plant foods. Adding it to a digestive blend helps your body extract more nutrition from vegetables, fruits, and grains. Studies on multi-enzyme formulas that include cellulase show real improvements in digestive comfort and overall gut function.

Ginger — Ginger has been trusted for over 2,500 years to calm an unhappy stomach. It helps food move through the digestive system at a healthy pace, which can ease bloating, abdominal discomfort, and that sluggish feeling after eating. Ginger also delivers well-studied antioxidant compounds that help protect cells from everyday oxidative stress.

Caraway — Caraway seed is a classic European digestive herb known as a carminative — meaning it helps relieve gas and cramping. Clinical trials combining caraway with other digestive botanicals have shown it can significantly reduce epigastric pain and post-meal distress. It also brings antioxidant activity thanks to its natural active compounds carvone and limonene.

Fennel — Fennel has a long history in European, Ayurvedic, and Chinese traditions as a go-to herb for bloating, cramping, and flatulence. Its natural essential oils help relax the smooth muscle of the colon, making it easier for gas to pass and discomfort to ease. Fennel also contributes antioxidant polyphenols and flavonoids to the formula.

Gentian Root — Gentian root is one of the most bitter herbs in traditional European herbalism, and that bitterness is exactly what makes it useful. Tasting something bitter triggers your mouth and stomach to ramp up saliva and digestive secretions, helping prepare your body to break down a meal. Gentian is formally recognized by European herbal authorities for supporting relief from bloating, flatulence, and general digestive discomfort.

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