



NATURE'S SUNSHINE

Food Enzymes

GOOD FOR

Digestive System

Stomach

Small Intestine

SIZE **120 Capsules**ITEM # **1836**SERVING **1-2**SUPPLY **10-20 days**

DIRECTIONS FOR USE Take 2 capsules with a meal three times daily.

— How the Key Ingredients Work

Food Enzymes brings together a carefully chosen team of natural digestive helpers — each one targeting a different part of what you eat, from proteins and carbs to fats — so your body can break down meals more comfortably and get the most out of every bite.

Amylase — Think of amylase as your starch specialist. It goes to work on breads, pasta, rice, and other carb-heavy foods, breaking them down into smaller sugars your body can actually use. Without enough amylase activity, undigested starch can ferment in the gut and cause uncomfortable gas and bloating after meals.

Pepsin — Pepsin is one of the oldest-known digestive helpers — it was the very first enzyme scientists ever identified. It works in the stomach to start breaking down the proteins in meat, eggs, beans, and dairy into smaller pieces, setting the stage for comfortable, complete protein digestion throughout the rest of your digestive tract.

Pancreatin — Pancreatin is a whole-team player. It's a natural blend of protein, carbohydrate, and fat-digesting enzymes that mirrors what your own pancreas produces every time you eat. By filling in the gaps when your body's own output is lower than ideal, pancreatin helps support smooth, thorough digestion of a full mixed meal.

Lipase — Fats take special effort to digest, and lipase is the enzyme built for that job. It breaks down the fats and oils in your food into forms your body can absorb and use for energy. Research shows that supplemental lipase can help reduce that heavy, overly-full feeling after a rich or high-fat meal.

Bromelain — Sourced from the stem of the pineapple plant, bromelain is a protein-digesting enzyme that's unusually versatile — it stays active in both the acidic environment of the stomach and the more alkaline environment of the small intestine. Studies suggest it supports comfortable digestion and may help ease general digestive discomfort after eating.

Papain — Papain comes from papaya fruit and has been used for centuries as a natural digestive aid. Like bromelain, it breaks down proteins, and clinical research using a papaya-based preparation found meaningful improvements in bloating, constipation, and general digestive comfort in people dealing with ongoing digestive challenges.

Bile Salt — Bile salts are naturally produced by the liver and are essential for digesting fats and fat-soluble nutrients. They act like a natural emulsifier — breaking large fat droplets into tiny ones so lipase can do its job properly. Including bile salts in a digestive formula helps ensure fats from your meals are processed efficiently and comfortably.

Betaine — Betaine, originally discovered in sugar beets, plays a quiet but important supporting role in this formula. It helps the body maintain healthy levels of certain compounds involved in cardiovascular and metabolic wellness, and research links higher betaine levels to better blood sugar balance and overall metabolic health. It's a well-rounded addition to any digestive support blend.