



NATURE'S SUNSHINE

PDA Combination

Kosher

Non-GMO

GOOD FOR

Digestive System

Stomach

Small Intestine

SIZE **180 Capsules**

ITEM # **3245**

SERVING **4**

SUPPLY **15 days**

DIRECTIONS FOR USE Take 4 capsules with a meal three times daily.

— How the Key Ingredients Work

PDA Combination brings together key nutrients that work in harmony — helping your body break down the foods you eat while also supporting healthy circulation, steady energy, and your natural defenses. Each ingredient plays a specific role so the whole formula adds up to more than the sum of its parts.

Betaine (Trimethylglycine) — Betaine is a naturally occurring compound found in sugar beets and many plants. It helps keep homocysteine levels in a healthy range — homocysteine is a substance that, when elevated, can put extra stress on your arteries and heart. Research shows betaine supplementation can meaningfully reduce homocysteine in the blood, supporting cleaner, healthier circulation day after day. Betaine also plays a role in helping your body produce glutathione, one of its most important built-in protective compounds, and supports antioxidant enzymes that help neutralize everyday oxidative stress. On top of that, betaine has been studied as a support for healthy blood sugar balance — population research found that people with higher betaine levels in their blood had a notably lower risk of developing type 2 diabetes. Athletes and active people may also appreciate betaine's role in supporting physical performance, as it has been studied for its potential to support strength and power output during exercise. It's a quietly hardworking nutrient that touches several key areas of wellness at once.

Pepsin — Pepsin is the stomach's primary protein-digesting enzyme, and it has been recognized by scientists since the 1800s as a cornerstone of healthy digestion. When you eat a meal containing protein — whether that's chicken, beans, eggs, or dairy — pepsin is what your stomach activates to begin breaking those proteins apart into smaller pieces your body can actually absorb and use. Without adequate pepsin activity, proteins can pass through partially undigested, leaving you feeling heavy, bloated, or uncomfortable after meals. Clinical research on pepsin-containing digestive formulas has shown meaningful reductions in common digestive complaints like bloating, fullness, and general abdominal discomfort in people dealing with functional digestive issues. Including pepsin in a supplement formula helps fill the gap for anyone whose stomach may not be producing quite enough of its own digestive enzymes — something that becomes increasingly common as we age. It's a foundational piece of the digestive puzzle, helping your body get the most out of every protein-rich meal you enjoy.

 (888) 510-7196  service@caringsunshine.com

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only.

BUY THIS QUICKLY
Scan to shop this product

