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What are enzymes?

Enzymes help convert food into nutrients the body can absorb, making the nutrients available for energy needs, cell growth, and other vital functions. Since we all naturally produce enzymes at different levels, some of us may digest proteins well, but not carbohydrates—or vice versa. There are many different types of digestive enzymes with specific roles. Papaya, for example, helps digest protein. Amylase helps digest carbohydrates. In addition, our bodies decrease enzyme production over time, so we can all benefit from some extra help.

What is papaya enzyme?

While enzymes are produced mainly in our digestive system, they can also be found in some whole foods like papaya. Papaya skin contains papain, a powerful protein-dissolving natural enzyme.

What are its uses and health benefits?

Papaya enzyme can be used as a natural digestive aid. Papaya enzyme can improve protein digestion and the absorption of food. It naturally aids in the breakdown of food into the component nutrients our body needs.

How does it work?

American Health Chewable Papaya Enzyme Formula contains papain for protein digestion as well as other digestive enzymes, such as amylase, for carbohydrate digestion. These enzymes are acti-

vated in the stomach. The complete line of the formulas—Original, Super, or With Chlorophyll—support proper nutrient absorption and gastric health.

Who needs papaya enzyme?

Individuals who are having difficulty with digestion, perhaps due to a change in diet. It's important to recognize that "digestive health" is more than just an upset stomach. Poor digestion can have the same effects as poor nutrition. It is essential to not only have the right balance of nutrients in your diet but to also ensure your digestion is performing at an optimum level to promote nutrient absorption and gas-

Did you know?

The digestive tract is 20 to 30 feet long.

The average person consumes 1,100 pounds of food per year.

It takes up to a month for a sloth to fully process a meal; for a human, about 24 hours.

tric health. Supplementing with a quality enzyme formula is an easy way to help support proper digestion.

How do you know if you need it?

Gastrointestinal discomfort especially after "heavy" meals can be a sign digestive support is needed.

Are there times when it is especially helpful or conditions for which it is especially useful?

Any time that there is gastrointestinal discomfort, especially as a result of dietary changes, after a heavy meal, or just to ensure optimum nutrient absorption after every meal.

What is unique about your product?

It's made with 100 percent natural ingredients. The Original and Super Plus are gluten-free and available in convenient roll packs for on-the-go digestive support.



When it comes to healthy digestion... Benefit from some extra help.

Pass the Papaya!

When your favorite foods leave your digestive tract feeling like it has one too many twists in it, smooth out the road with Chewable Papaya Enzyme from American Health.* Papaya Enzyme naturally aids in the breakdown of food into the component nutrients our bodies need, whether it's protein for muscles, fat for fuel, or carbohydrates for energy.* So go ahead and give your digestion some well-deserved help from the perfect "after meal" supplement*... 100% Natural Papaya Enzyme from American Health!*

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good health made simple
www.AmericanHealthUS.com

Available at health, natural food and vitamin specialty stores.

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

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