



## Papaya Mint (Chewable Tablets) Stock #485-6 (70 tablets)

Papaya Mint chewable tablets function not only as refreshing dinner mints, but as digestive stimulants as well. Papaya Mints can be taken before or during a meal to facilitate digestion and inhibit dyspepsia. Papaya Mints can also be taken after the meal to freshen breath, as well as aid digestion.

Papaya Mints contain papaya, the source of an enzyme called papain, which breaks down protein and assists in the digestion of fats and carbohydrates. Papaya Mints also contain peppermint, which promotes the production of digestive fluids. Papaya Mints are naturally sweetened with sorbitol and fructose.

**Papaya** fruit is rich in vitamin C and potassium and is commonly eaten in South America for constipation, dyspepsia, edema, high blood pressure and sluggish liver conditions. Papayas are a rich source of digestive enzymes which help metabolize foods. In fact, tropical natives often wrap raw meat in papaya leaves to tenderize the meat. The milky fluid or latex of the papaya contains the most enzymes, followed next by the leaves, and then the fruit itself. Papaya enzymes help numerous stomach problems, including those resulting from inefficient fat digestion, liver and bile duct ailments, and pancreatic disease. Papaya is used for belching, dyspepsia, flatulence and nausea. Papaya is becoming a popular natural treatment for achlorhydria—the absence of hydrochloric acid in the gastric juices. Papaya also exhibits the ability to destroy microbes and parasites, especially threadworms and roundworms—papaya enzymes break down the parasites' protein-rich cell membranes.

Papaya is an excellent source of papain, a proteolytic enzyme which breaks down proteins, small peptides, amides and esters. Papain's digestive activity also extends to carbohydrates and fats. Papain is quite similar to pepsin—a digestive enzyme produced by the body—and is often referred to as "vegetable pepsin." Papaya also contains other enzymes which metabolize starches and milk protein, as well as carpaine, a substance which has been shown to provide anti-tumor activity.

Studies show papaya reduces the development of ulcers stemming from high aspirin or steroid use. These findings are beneficial to arthritis sufferers who take high doses of aspirin, as well as individuals with inflammatory conditions needing to take steroids.

Native uses of papaya latex (the milky-white liquid derived from unripe papaya fruit) are claiming wide recognition. Applied topically, papaya latex is used to reduce scarring and heal various skin diseases, ulcers, warts, wounds and cancerous tumors. The papaya digests dead tissue without harming surrounding living tissue.

Overuse of papain or any digestive enzyme can possibly cause allergic reactions and inflammation or holes in digestive tract tissues. Also, pregnant women may eat ripe papaya fruit in moderation, but should avoid papaya latex and leaves.

**Peppermint** contains menthol which is clinically proven to stimulate digestive fluids and bile, dilate blood vessels, induce perspiration, and relieve smooth muscle spasms, especially in the lower bowel. Thus peppermint taken internally is helpful for bloating, colic, dysmenorrhea, flatulence, gastric ulcers, gastroenteritis, indigestion, irritable bowel syndrome, loss of appetite, menstrual/muscle cramps, nausea/morning sickness, nervous disorders, rheumatism, and spastic colon.

Peppermint contains essential oils which stimulate digestion by enhancing gallbladder activity and increasing bile production. These oils also normalize gastrointestinal action by eliminating gas and relieving cramps. Clinical trials conducted in Britain and Denmark during the 1990's confirmed the medicinal value of peppermint for treating irritable bowel syndrome. Peppermint also provides a mild analgesic (pain-relieving) effect which is beneficial for headaches and migraines stemming from digestive weakness.

The volatile oil of peppermint is strongly antibacterial and is known to inhibit and kill numerous microorganisms responsible for severe digestive problems, including *Candida albicans* (yeast infections), *Herpes simplex* (cold sores), *Influenza A* viruses (Asian flu), Mumps virus, Newcastle disease, Semliki Forest virus, *Staphylococcus aureus* (pneumonia, sinusitis, impetigo, etc.), *Streptococcus pyogenes* (sore throat, scarlet fever, rheumatic fever, otitis media, cystitis, cellulitis, etc.), *vaccinia* virus (cowpox), West Nile virus, and more.

Papaya Mints also contain fructose (a natural sugar found in fruits and honey) and sorbitol (a natural sugar substitute

made from corn sugar, which is often used commercially in the preparation of diabetic foods).