

Sunshine Heroes Whole Foods Papayazyme

Stock #3345-3 (90 chewable tablets)



Sunshine Heroes Whole Foods Papayazyme is a children's enzyme supplement designed to promote healthy digestion. Whole Foods Papayazyme provides a whole foods source of digestive enzymes from papaya and pineapple, combined with additional enzymes to facilitate the digestion of most foods.

Digestion plays a pivotal role in children's overall health and the development of childhood disease. Digestive enzymes break down foods into nutrients that can be absorbed and utilized to produce energy for the body and repair and maintain bodily functions. Enzymes are naturally present in raw fruits and vegetables; however, most children consume a diet of primarily cooked, packaged and processed foods that are enzyme-depleted. Unless obtained in the diet or from dietary supplements, the constant demands on the body to manufacture enzymes can result in enzyme deficiency, which is a common problem that can lead to malnutrition, digestive dysfunction, obesity, cardiovascular disease, cancer and other illnesses. Digestive enzyme deficiency can also cause some forms of food intolerance (i.e.

lactose and gluten intolerance), leading to gastrointestinal problems such as abdominal pain, bloating, nausea and diarrhea.¹⁻⁵

Supplementation with digestive enzymes assists the body in breaking down carbohydrates, fats and proteins, and can aid health problems involving compromised digestion. Enzyme supplementation is a well-established method for treating numerous digestive conditions and helps ensure the most efficient food digestion to minimize allergic sensitization. Improved digestion not only enhances immune function, but has also been shown to exert a positive effect on energy levels and even behavior in some children.^{1,3,6,7}

Bromelain, derived from pineapples, is commonly used as a supplement to aid in the digestion of protein. Bromelain has a fairly broad pH range and is able to provide proteolytic (protein-digesting) activity in both the stomach and small intestine. Bromelain also assists in the removal of toxins and waste products from the body. In addition, bromelain has been shown to be a safe and effective therapy for the treatment of acute sinusitis in children. Bromelain enhances immune function, reduces inflammation and swelling of respiratory tract tissues, and decreases both the thickness and volume of respiratory mucus, making breathing easier.^{6,8-11}

Alpha-amylase breaks down glycogen, starches and the majority of other carbohydrates into smaller carbohydrate molecules such as dextrans and sugars. The enzymatic activity of alpha-amylase has been shown to increase the energy and nutritional value derived from food intake, and, as a result, has been shown to have a positive impact on the growth of weaning infants.^{3,10,12,13}

Papain is a powerful proteolytic enzyme that is capable of breaking down 35 times its volume in animal proteins. Papain, which is derived from unripe papaya fruit and papaya leaves, can also break down carbohydrates and fats. Like bromelain, papain is commonly used to aid in the digestion of protein. Papain is also used to treat some inflammatory conditions.^{3,6,10}

Papaya fruit concentrate - Papaya contains the proteolytic enzymes papain and chymopapain, which are capable of digesting proteins, fats and carbohydrates. Papaya also contains other enzymes that break down starches and milk protein. Such broad action makes papaya an effective digestive aid—papaya enzymes are commonly found in commercial digestive products for treating stomach ailments, including heartburn, dyspepsia (indigestion), improper fat digestion and pancreatic disease. In addition, papaya is a rich source of vitamin C and potassium, and has been shown to markedly increase the absorption of iron in food.^{3,14-16}

Pineapple fruit juice concentrate - Pineapple is a natural source of bromelain and other proteolytic enzymes. Pineapple juice has been used as both a digestive tonic and as a diuretic. Pineapple has also been used to treat constipation and obesity and to help prevent ulcers. In addition, pineapple contains significant amounts of vitamins A and C, and has been shown to have a mild to moderate enhancing effect on the absorption of iron in food.^{3,14,16,17}

Each chewable tablet of Sunshine Heroes Whole Foods Papayazyme contains digestive enzymes at levels that are safe for chewing and gentle enough for children, in a base containing the Sunshine Heroes Protector Shield—a proprietary blend of whole foods, fruit juice concentrates, and beneficial micronutrients.

The Sunshine Heroes Protector Shield provides important antioxidants, vitamins, minerals and amino acids (the "building blocks" of protein), which promote healthy growth and development and a strong immune system. The Protector Shield contains:

Whole Food Complex (mangosteen, cranberry, broccoli, spinach, asparagus, carrot, tomato, açai and pomegranate) - These fruits and vegetables are rich sources of antioxidants, immune-boosting phytonutrients, minerals and vitamins, including vitamins A, B-Complex, C, E and K.

Fruit Juice Concentrates (white grape, apple, pear, orange, pineapple, cherry, strawberry, and blueberry) - This antioxidant-rich blend of fruit juices provides vitamin C, folic acid, potassium, and other nutrients that promote cardiovascular and immune health and help protect against certain cancers.

Micronutrients Blend (L-leucine, L-lysine, L-valine, Choline, Inositol, L-isoleucine, L-threonine, L-phenylalanine, L-arginine, L-cysteine, L-methionine, and L-tyrosine) - Amino acids are the building blocks of proteins necessary for healthy growth and development and proper functioning of the central nervous system and brain. Choline and inositol are members of the B-complex vitamin and are necessary for healthy brain development, as well as cognitive and memory function.¹⁸

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