



NATURE'S SUNSHINE

Proactazyme®

Non-GMO

GOOD FOR

Digestive System

Small Intestine

Stomach

SIZE **100 Capsules**

ITEM # **1525**

SERVING **1-2**

SUPPLY **50-100 days**

DIRECTIONS FOR USE Take 1-2 capsules with or between meals daily.

— How the Key Ingredients Work

Proactazyme® brings together a broad team of plant-sourced digestive enzymes, soothing botanicals, and key nutrients that work together to help your body break down every type of food you eat. The result is more comfortable digestion, better nutrient absorption, and steadier energy from every meal.

Amylase — Think of amylase as your starch specialist. It gets to work the moment you start chewing, helping break down bread, rice, pasta, and other carbohydrates into smaller sugars your body can actually use. Better starch breakdown means less undigested food reaching your gut, which helps keep bloating and gas at bay.

Lipase — Fats need a dedicated helper to be digested properly, and that is exactly what lipase does. It breaks down the fats in your food into forms your body can absorb and use. Without enough lipase activity, fatty meals can leave you feeling heavy and uncomfortable — lipase helps keep things moving smoothly.

Glucoamylase — Glucoamylase picks up where amylase leaves off, snipping the last glucose units free from partially digested starch so your body can absorb them. This final step is essential for turning the carbohydrates you eat into the steady fuel your cells rely on throughout the day.

Peptidase — Peptidase is a protein-digesting enzyme that helps break down the proteins in meat, dairy, beans, and more into the building blocks your body needs. Research also suggests that proteolytic enzymes like peptidase may help support a comfortable, balanced response in the body after physical activity or everyday stress.

Cellulase — Humans do not naturally produce cellulase, yet plant foods are full of cellulose — the tough fiber that makes up plant cell walls. Supplemental cellulase helps unlock the nutrients locked inside those walls, supporting better absorption from vegetables, fruits, and whole grains while also helping reduce post-meal bloating.

Hemicellulase — Hemicellulose is another plant fiber your body cannot break down on its own. Hemicellulase steps in to digest these tough plant fibers, helping reduce the abdominal distension and discomfort that can follow a fiber-rich meal. A clinical trial found significantly less bloating at 30 and 90 minutes after meals when hemicellulase was included.

Alpha-Galactosidase — Beans, lentils, broccoli, and cabbage contain certain complex sugars that the human digestive system simply cannot break down without help. Alpha-galactosidase targets exactly those sugars, breaking them down before they reach the colon and ferment into uncomfortable gas and bloating — making it a go-to enzyme for plant-forward eaters.

Invertase — Invertase breaks table sugar (sucrose) into glucose and fructose — the two simple sugars your small intestine can absorb directly. Without this step, sucrose can pass undigested into the colon and cause fermentation-related discomfort. Invertase also supports steady energy by ensuring the sugars you eat are converted into usable fuel efficiently.

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