



NATURE'S SUNSHINE

Papaya Mint

Kosher

Halal

Non-GMO

GOOD FOR

Digestive System

Stomach

Small Intestine

SIZE **70 chewable tablets**

ITEM # **485**

SERVING **2**

SUPPLY **11 days**

DIRECTIONS FOR USE **Chew 2 tablets three times daily as needed.**

— How the Key Ingredients Work

Papaya Mint brings together two time-honored naturals — tropical papaya and cool peppermint — to gently support your digestive comfort and overall wellness. Together they work as a soothing, refreshing team that helps your body feel its best every day.

Papaya — Grown in tropical regions worldwide, papaya has been treasured for centuries as a digestive ally. Clinical studies show papaya preparations can meaningfully reduce bloating, gas, stomach discomfort, and painful bowel movements, making it a go-to fruit for anyone who wants to keep their digestive system running smoothly and comfortably.

Papaya – Digestive Comfort — Two clinical trials involving more than 150 people with ongoing digestive troubles found that papaya preparations significantly eased bloating, flatulence, stomach pain, and discomfort during bowel movements. If your belly tends to feel heavy or unsettled after meals, papaya's natural digestive support may be just what you need.

Papaya – Antioxidant Support — Papaya is loaded with natural antioxidants — including lycopene, beta-carotene, and vitamin C — that help the body defend itself against everyday oxidative stress. Human clinical studies on fermented papaya preparation showed it could reduce markers of oxidative damage by around 40%, supporting the body's own protective systems.

Papaya – Blood Sugar Balance — Several research studies, including a published human observation, suggest that papaya preparations may help support healthy blood sugar levels. Both healthy individuals and those managing blood sugar concerns showed a meaningful decrease in plasma glucose, pointing to papaya's potential role in everyday metabolic wellness.

Papaya – Heartburn Ease — A double-blind, placebo-controlled clinical trial found that a daily papaya preparation helped improve heartburn symptoms in people with chronic digestive dysfunction over a 40-day period. While the heartburn subgroup was small, the findings add to papaya's well-rounded reputation as a gentle digestive soother.

Peppermint — Peppermint is one of the most studied botanicals for digestive comfort in the world. Its refreshing, cooling character comes from menthol, a naturally occurring compound that helps relax the muscles of the digestive tract. Whether you know it from tea, candy, or aromatherapy, peppermint has a long history of helping people feel more at ease.

Peppermint – Abdominal Comfort — A meta-analysis covering 12 randomized controlled trials and 835 patients found that peppermint oil significantly improved overall digestive discomfort and abdominal pain compared to placebo. Menthol, peppermint's key active component, helps relax the smooth muscles of the gut, easing cramping and the general feeling of an unhappy belly.

Peppermint – Antioxidant Properties — Peppermint is rich in natural plant antioxidants — including rosmarinic acid, luteolin, and hesperidin — that have demonstrated strong antioxidant activity in published research. These compounds help the body stand up to the everyday wear and tear that oxidative stress can cause, supporting long-term cellular wellness.

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