

PROTEOLYTIC ENZYMES

About | Importance | Sources | Need



Proteolytic
Enzyme

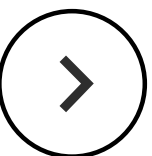
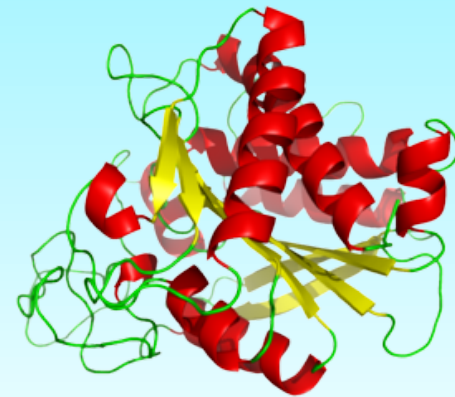


ABOUT PROTEASES

Proteolytic enzymes (proteases) are enzymes that break down protein. These enzymes are made by animals, plants, fungi, and bacteria.

PROTEOLYTIC ENZYMES IMPORTANT ROLES -

- Break down proteins in the body or on the skin.
- They help with digestion or with the breakdown of proteins involved in pain.
- Improves the Immune function.



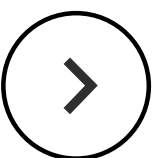
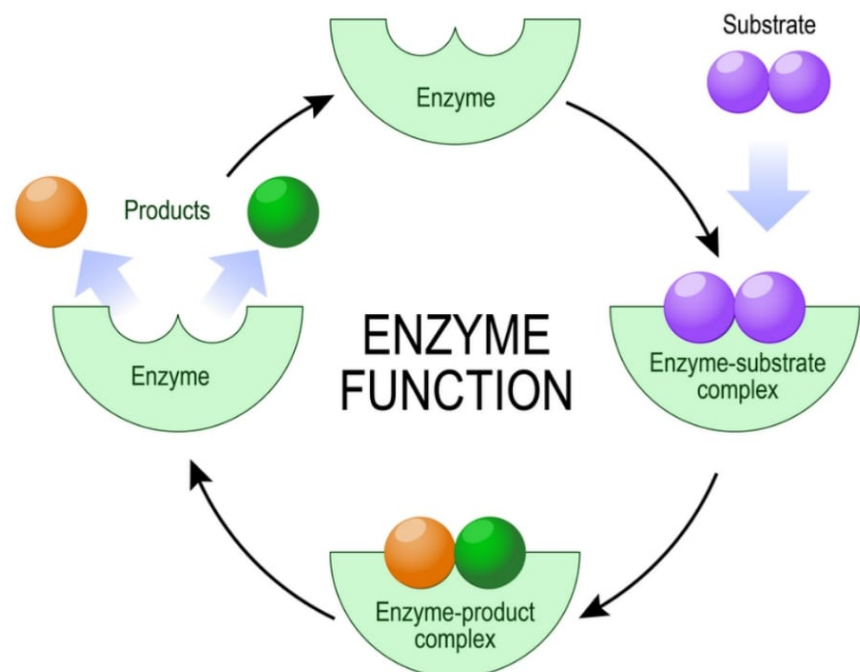
SOURCES & NEED

Taking proteolytic enzyme supplements helps those with a deficiency or lack of these enzymes properly break down and digest dietary protein.

The most common sources of proteolytic enzyme includes -

- Papayas
- Pineapples
- Kiwifruit
- Ginger
- Asparagus
- Sauerkraut
- Kimchi
- Yogurt
- Kefir

HOW ENZYMES WORK

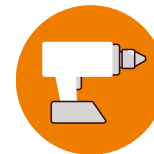


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