

Papain

Nature's Super-Enzyme

Papain is a proteolytic enzyme found naturally in the raw fruit of papaya. The enzyme has long been a popular approach to promote healthy inflammation levels, boost digestion, and support pain relief. Recent studies show its reputation in these areas, and more, is well-deserved.



Key Benefits of Papain

- Supports protein breakdown
- Promotes modulation of the gut microbiota
- Supports relief from bloating, constipation and discomfort
- Promotes regulation of adipogenic factors
- Supports reduction in edema
- Supports free radical scavenging activity
- Promotes reduction in gluten immunogenic compounds
- Supports inhibition of lipid peroxidation

With its unparalleled digestive power, bactericidal properties, anti-inflammatory potential, anti-oxidant activity, and versatile support for overall wellness, papain stands out as an exceptional ingredient with a wide range of applications.

Papain v Bromelain

	Papain	Bromelain
Digestive Power ¹	✓↑	✓↑
Healthy Gut ¹	✓↑	✓↑
IBS ²	✓↑	✓↑
Anti-Obesity ^{3,4}	✓↑	✓↑
Immunogenic Properties ⁵	✓↑↑	✓↑
Anti-Inflammation Potential ⁶	✓↑↑	✓↑
High Antioxidant Power ⁷	✓↑↑	✓↑
Bactericidal Activity ⁸	✓↑↑	✓↑
Efficacy of Edema Treatment ⁹	✓↑↑	✓↑

Papain and bromelain are both proteolytic enzymes derived from tropical fruits and are often talked about in the same breath. However, in a side-by-side comparison, papain shows additional benefits not seen with bromelain.

Papain and bromelain are plant proteases used in food, beauty, and healthcare applications. Proteases break proteins down into smaller peptides and amino acids. Demand for both proteases is on the rise as consumers increasingly want plant-based products. Although they were frequently used interchangeably, papain is gaining popularity due to its availability, cost effectiveness, and numerous health benefits.

Papain has been shown in studies to:

- 1) be more effective than bromelain in treating edema;
- 2) have more free radical scavenging activity;
- 3) have greater analgesic effects; and
- 4) exhibit a bactericidal effect in lower concentration levels

Papain has been shown to reduce gluten immunogenic compounds, a benefit to those whose bodies cannot process gluten, and as well as inhibit lipid peroxidation.



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