

Introduction

Symptoms like bloating, gas, and indigestion often result from incomplete digestion. By ensuring complete food breakdown, enzymes alleviate these discomforts, promoting smoother digestion. Proper digestion reduces the strain on the immune system, as undigested food can lead to bacterial fermentation and toxin production in the gut, potentially weakening immune health. Many adults experience reduced lactase production, leading to lactose intolerance, characterized by bloating, gas, and Diarrhea upon consuming dairy. Conditions like EPI or cystic fibrosis impact the pancreas's ability to release enzymes, causing nutrient malabsorption