

Digestive Enzymes

What are they?

Digestive enzymes are used to support the breakdown of proteins, fats and complex carbohydrates in your digestive tract. They can be helpful if you experience bloating, gas, or fullness with meals, or if you feel you are slow to digest foods. The Rainbow Light product carried in the UCSC Pharmacy is a blend of plant based enzymes, foods that are rich in these enzymes, and a small amount of herbs to help ease digestive discomfort.

How do I take them?

It is suggested to follow the directions on the bottle. They are indicated for occasional use. If you find that you are taking Digestive Enzymes on a regular basis or needing them for more than a month, please discuss this with your provider. You may need to alter your diet or need more assistance to help your own digestive enzymes work better.

Are they safe?

Digestive Enzymes are felt to be generally safe without significant side effects.

Quality is very important when choosing over the counter supplements or herbs. Please consult your provider or the Pharmacist if you have further medical problems or concerns. We are dedicated to your health and wellbeing!