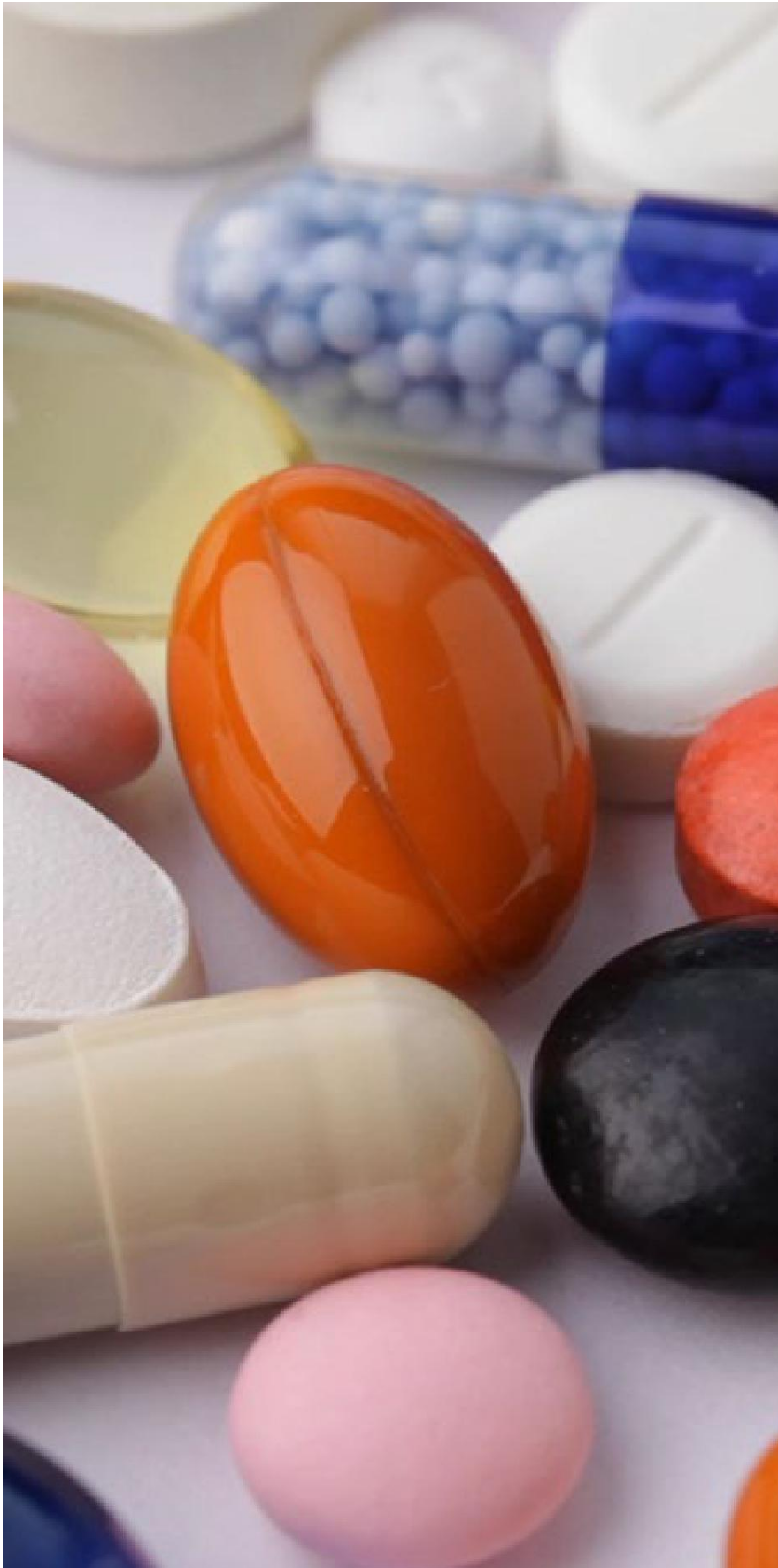




Digestive Enzyme Supplements



Overview

If you have a problem with digestion, you may have heard about enzyme supplements. They support digestive health. Some are prescribed by doctors. Others are sold in health food stores and drug stores without a prescription. But should you take them? And, are they safe to use?

What are digestive enzymes?

First, let's learn about digestive enzymes. These substances help your body break down the foods you eat. Your body makes them naturally. They're also made in a lab. Scientists make them from plants and from animal parts.

Why take supplements?

So, why do people take enzyme supplements? Well, they help some people who have certain digestion problems. With a condition like cystic fibrosis or pancreatic cancer, your body may not be able to make enough digestive enzymes on its own. This may lead to bloating, gas and diarrhea. Supplemental enzymes help your digestive system work better. They may relieve these symptoms.

Are they safe?

Are supplements safe? Yes, prescription supplements are tested and regulated. They can be used safely. But the ones sold without a prescription are not regulated like drugs. They may not be tested for safety. They may not work. And, they could interact with some other drug you're taking. So don't take supplements without talking to your doctor first.

Conclusion

With your doctor's help, you can find the digestive enzyme supplement that's right for you.