

# PAPAIN

*Meaning: Papain is a proteolytic enzyme obtained from the papaya fruit, commonly used for aiding digestion and reducing inflammation.*

1. Papain is an enzyme derived from the papaya fruit that helps break down proteins.
2. Many people use papain as a natural remedy for digestive issues and inflammation.
3. In the food industry, papain is often added to meat tenderizers to improve texture.
4. Some skincare products incorporate papain for its exfoliating properties.
5. Research has indicated that papain may have potential benefits in wound healing and tissue repair.

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