

# PEPSIN

*Meaning: Pepsin is an enzyme produced in the stomach that catalyzes the digestion of proteins into smaller peptides.*

1. Pepsin is an enzyme that plays a crucial role in the digestion of proteins in the stomach.
2. The presence of pepsin in gastric juice allows for the breakdown of complex protein structures.
3. Researchers are studying the effects of pepsin on various types of dietary proteins.
4. Pepsin works best in an acidic environment, which is maintained by gastric acid.
5. Supplementing with pepsin may aid individuals with digestive disorders related to protein absorption.

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