

Caricol®

Papaya Concentrate

Digestive Support - For Your Daily Smile*



Caricol® Papaya Concentrate #56780
Available in boxes of 15 Packets

The Key Features of Caricol® Papaya Concentrate, a Food Supplement

- Made from organic, GMO-free, tree-ripened papaya
- Naturally concentrated in papain
- A delicious way to support digestive health
- In convenient packets – excellent for travelling
- Free from all artificial fillers and additives

Description

Caricol® is made from the pulp of certified organic, GMO-free, tree-ripened papaya. The papain (papaya proteolytic enzyme) has been naturally concentrated.¹ The recipe originated at the Lotus Buddhist Monastery on the Big Island, Hawaii, and now Caricol® is produced from certified organic papaya from Sri Lanka, a GMO-free country.

Caricol® supports digestive health and healthy bowel function.^{2,3} Papaya has long been traditionally used to support digestion and healthy bowel function, and it is thought to also have a soothing effect on the stomach and intestinal tract. The name Caricol® is derived from a combination of the Latin name for papaya (*Carica papaya L.*), and “colon”, where it has its predominant effect.

The recipe and method of preparation of the papaya concentrate originated at the Lotus Buddhist Monastery on the Big Island, Hawaii, which is a temple dedicated to the education and training of monks and nuns. The founder and Great Dharma master of the Lotus Buddhist Monastery, Supreme Matriarch Ji Kwang Dae Poep Sa Nim, had observed the correlation between a well-functioning digestive system and health and wellbeing.

Dae Poep Sa Nim considers the digestive system to be the root of health, and she had

long perceived that certain food ingredients and methods of preparation were optimal for her students in the monastery. She realised that the wonderful papaya fruit needed special preparation for it to best support health and digestion. Through insight and experimentation, she discovered and developed a special preparation method which naturally concentrates fresh, mature papaya into a potent and novel concentrate for digestive health. In the beginning, the papaya preparation was used as a home recipe for the Lotus Buddhist Monastery, served by the nuns by spoon after meals to the residents and visitors in order to support their digestive systems and general health. Now, Caricol® is available for the public, and is bringing a smile to the faces of people worldwide!

Papaya contains powerful proteolytic digestive enzymes, including chymopapain and papain, which help breakdown dietary proteins into amino acids. German researcher Dr. Gerhard Wichmann found that Caricol® has 3.75 times the papain-activity compared to raw papaya pulp.¹ Additionally, papaya is very alkaline, and taking it may help to balance acidic conditions.

At a geriatric center in Vienna, Caricol®'s bowel supportive properties were studied alone, and also compared to regular papaya

puree. In both studies, over time periods of 11 weeks and 6 weeks, Caricol® showed superior ability to promote bowel motility.²

Caricol® may also help soothe the intestines. In a pilot study, 5 of 7 subjects started out showing raised levels of alpha 1-antitrypsin in the stool, which can be evidence of mucosal irritation. Caricol® was taken twice a day, and after four weeks, 4 of the 5 subjects had reduced alpha 1-antitrypsin, suggesting that Caricol® has potential for

reducing irritation that occurs to normal colonic mucous membranes. All 7 subjects showed a decline in their complaints score, with 4 patients showing a reduction of more than 50%. The complaints included flatulence, discomfort, and fatigue.³

Caricol® is free from artificial preservatives, colors, flavors, fillers, and additives. It is suitable for babies and children as well as during pregnancy and breastfeeding.

Serving Size: 1 packet (21 mL)

Servings Per Container: 15

Amount per Serving:

Calories	10
Carbohydrate	2 g
Sugar	1 g
Vitamin A (as 100% Beta-Carotene)	157 IU
Vitamin C (as Ascorbic Acid)	1.8 mg
Organic Papaya Concentrate	20 mL

Other ingredients: Mango concentrate, plum concentrate, natural flavours.

Suggested Use: As a food supplement, 1 packet after meals, one to three times daily. May be taken as is, or mixed with water, juice, or purée. May be taken at other times of the day.

Note: Caricol® is heat stable, and short-term exposure to high temperatures is not a concern. For long term storage, please refrigerate.

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Variations in consistency may occur.

References:

1. Wichmann G. Increased papain activity of Caricol. LEFO Institute for Food and Environment Research, GmbH, 22926, Ahrensburg, Germany. 2004. Unpublished study.
2. Bernecker PM, Maier-Dobersberger T. Geriatric Center Baumgarten, Vienna, Austria. 2003. Unpublished study.
3. Schütz B. Evaluation of clinical aspects of Caricol. Biovis: Institute for Naturopathic Diagnosis and Preventive Medicine, Justus-Staudt-Str. 2, 65555 Limburg. 2008. Unpublished study.