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Enzyme

Enzymes are complex proteins that cause a specific chemical change. For example, they can help break down the foods we eat so the body can use them. Blood clotting is another example of enzymes at work.

Enzymes are needed for all body functions. They are found in every organ and cell in the body, including in the:

- Blood
- Intestinal fluids
- Mouth (saliva)
- Stomach (gastric juice)

References

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