

BROMELAIN

What is BROMELAIN?

Bromelain is a digestive enzyme found in the stem and fruit of the pineapple plant. It enhances the absorption of nutrients from foods, supplements and probiotics. Bromelain inhibits the formation of the alarm prostaglandins PGE 2 and allows the healing PGE 1's to work more rapidly. Bromelain works specifically on protein and, unlike other protein digestive enzymes, it works effectively in all the acid and alkaline conditions found throughout the gastrointestinal tract. The clumping of blood platelets is inhibited in Bromelain. Tissue permeability is also increased by Bromelain. *

What are the benefits?

Bromelain has been used successfully to treat abnormal heart functions, arthritis, upper respiratory tract infection and Peyronie's disease, a condition that affects the genitourinary tract and can cause sexual dysfunction in men. Bromelain has been used to heal wounds caused by burns and speed up healing time; to aid in gastrointestinal imbalances and bloating caused by poor digestion; to aid in the healing of gastric ulcers; used as a digestive enzyme for pancreatic insufficiency; it gives relief from the symptoms of angina, thrombosis, thrombophlebitis, varicose veins and atherosclerosis. Bromelain reduces joint inflammation in rheumatoid arthritis, osteoarthritis, sciatica, bursitis, tendonitis and scleroderma; it suppresses a cough and decreases bronchial secretions, resulting in increased lung function in patients with upper respiratory tract infections and is effective for sinusitis. *

Supplement Recommendation:

For the most effective benefits, look for a product that has a synergistic blend of COX-2 inhibiting herbal extracts such as tumeric, ginger, phellodendron, scutellaria, holy basil, oregano, rosemary and parsley; preferably in a vegetarian capsule without fillers, binders or common allergens.

- **Inhibits clot formation and breaks down build-up of plaque in arteries***
- **Increases tissue permeability***
- **Helpful in treating rheumatoid arthritis and reducing joint inflammation***
- **Supports healthy heart functions***
- **Promotes speed-up time for healing***
- **Improves gastrointestinal imbalances***
- **Enhances the absorption of nutrients from foods, supplements and probiotics***

Supporting Research:

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* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.