



Category 10
Specialty Supplements



GOODFORYOU

GOOD FOR LIFE

BROMELAIN

(Anti-inflammatory) #102940
90 Tabs

Description: Bromelain is used in array of inflammatory conditions, for post surgical healing, minor injuries, thrombophlebitis, angina, asthma and sinusitis.

Contents / Ingredients

Bromelain is obtained from the stem of a pineapple plant and is a group of proteolytic enzymes capable of digesting protein. Although most enzymes are widely believed to be absorbed poorly, significant amounts of **Bromelain** are much more absorbable.

Bromelain is an anti-inflammatory agent and for this reason it is very useful for the treatment of

Traditional Therapeutic Action

Supplement Facts

Serving Size 1 Tablet	Amount Per Serving	% Daily Value
Bromelain (2000 GDU) (**)	500 mg	(*)

(*) Daily Value not established

Other ingredients: Cellulose, pineapple juice powder, stearic acid (vegetable source), and magnesium stearate (vegetable source).

Contains no sugar, salt, starch, wheat, yeast, gluten, milk, egg, corn, soy or preservatives.

(**) Gelatin Digesting Units - a measure of proteolytic (protein digesting) activity

minor injuries, particularly sprains and strains, muscle injuries, and for the pain, swelling, and tenderness that accompany sports injuries.

Due to **Bromelain's** anti-inflammatory effects it is hardly surprising that it can help so many conditions that are related to inflammatory conditions of one kind or another. For instance in a double blinded research it was found effective in reducing swelling, bruising, and pain, and in particular women receiving minor surgery after giving birth (episiotomy).

Also for those suffering from sinusitis improvements were substantiated in a double blinded study. In another trial that ranged from three weeks to thirteen months patients suffering with rheumatoid arthritis noticed an improvement of 73% when taking the **Bromelain**. Reports ranged from good to excellent results.

One of the other areas of benefits from taking these enzymes were its ability as a natural blood thinner, preventing excessive blood platelet stickiness, this may explain, in part, the positive reports from clinical trials of **Bromelain** to decrease symptoms of angina and thrombophlebitis. In cardiovascular disease **Bromelain** inhibited platelet aggregation, the cause of heart attacks and strokes.

Not only has it helped with the thinning of blood, it has also helped reduce the thickness of mucous in the lungs, which has benefited those with asthma and chronic bronchitis.

SUGGESTED DOSAGE: As a dietary supplement, take one tablet with or between meals.

CAUTION: Bromelain should not be mixed with blood-thinning drugs, in order to reduce theoretical risk of excessive bleeding. Ulcer patients should avoid taking this supplement.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.