

## Specially-Coated Bromelain 60 enteric coated tablets Item Catalog Number: 01203

A specially coated bromelain formulation has been well-studied for its ability to help reduce the expression of inflammatory factors.<sup>27, 28</sup> Approved for use in Germany since 1993, bromelain is a proteolytic enzyme extracted from pineapple stems. Recent studies suggested its proteolytic activity can contribute to supporting better joint health by aiding in maintaining healthy pathways of chemicals related to normal tissue function.<sup>29-31</sup>

Now, sufferers of unwanted joint changes can benefit from evidence that specially coated bromelain-based formulations may significantly help promote healthy joint function.

In a number of clinical trials conducted on people needing help with maintaining healthy joint function, results have proven that enteric-coated bromelain formulations were as effective as other approaches in promoting healthy joints and were better tolerated.<sup>32-34</sup> One study even found that bromelain is more effective than conventional methods for maintaining joint function at rest (41% for bromelain versus 23% for conventional methods).<sup>35</sup> Another study showed that it yielded an overall improvement in general well-being, along with improvement in stiffness and physical function.<sup>36</sup>

The reason bromelain has to be enteric-coated is that it will be used as a digestive enzyme if activated in the stomach. Enteric-coated bromelain tablets pass into the small intestine where they are absorbed into the bloodstream to provide systemic benefits.

### References

### Supplement Facts

Serving Size 1 enteric coated tablet

Servings Per Container 60

#### Amount Per Serving

Bromelain proteolytic enzyme extract

from pineapple (*Ananas comosus*) (stem)

500 mg

[2400 GDU per gram/5200 FIP per gram activity]\*\*\*

Other ingredients: microcrystalline cellulose, calcium carbonate, croscarmellose sodium, stearic acid, silica, magnesium stearate, enteric coating (methacrylic acid copolymer dispersion NF, hydroxypropyl methylcellulose, propylene glycol).

Contains soybeans. Contains corn. This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), tree nuts, wheat, yeast, gluten, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

\*\*\*The bromelain powder used in this product has the strength of 2400 GDU (gelatin digestive units) per gram/5200 FIP (International Pharmaceutical Federation) units per gram. FIP value is verified by independent analysis with European reference standard.

### Dosage and Use

- Take one enteric-coated tablet two times daily on an empty stomach, or as recommended by a healthcare practitioner.

### Caution

Those on anticoagulant or antithrombotic agents should exercise caution in the use of bromelain. Bromelain may increase the bioavailability of tetracycline antibiotics.

### Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

All Contents Copyright © 1995-2009 Life Extension Foundation All rights reserved.

**LifeExtension®**

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease. The information provided on this site is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional or any information contained on or in any product label or packaging. You should not use the information on this site for diagnosis or treatment of any health problem or for prescription of any medication or other treatment. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.