

Bromelain Powder

100 grams

Item Catalog Number: 00136

Bromelain is a proteolytic digestive enzyme found in pineapples (*Ananas comosus*) that can enhance absorption of protein and aid in digestion.^{32,33} It may also affect protein turnover in the body, including proteins found in joint tissue, promoting only healthy inflammatory reactions.³⁴ The strength of enzymes is often expressed as milk-clotting units (MCU) and gelatin digestive units (GDU) per gram.

References

Supplement Facts

Serving Size 1/8 rounded teaspoon (approximately .36 g)

Servings Per Container 277

Amount Per Serving

Bromelain1 31.25 mg

Other ingredients: maltodextrin.

Contains corn.

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

1 - 3000 MCU/gm (milk clotting units), 2000 GDU/gm (gelatin digestive units)

Dosage and Use

- Take 1/8 rounded teaspoon one to two times daily with or without food, or as recommended by a healthcare practitioner.

Caution

Bromelain may enhance the anticoagulant activity of drugs such as warfarin and the antithrombotic activity of such drugs as aspirin.

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.

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