

Bromelain 1000

500 mg, 60 tablets

Item Catalog Number: 00468

Raw foods provide enzymes that naturally break down food for proper absorption. However, cooking food destroys these enzymes, and the capacity of the living organism to make these digestive enzymes diminishes with age.

Bromelain is a proteolytic digestive enzyme found in pineapples (*Ananas comosus*) that can enhance absorption of protein and aid in digestion.^{69,70} It may also affect protein turnover in the body including proteins found in joint tissue, promoting only healthy inflammatory reactions.⁷¹

References

Supplement Facts

Serving Size 1 tablet

Servings Per Container 60

Amount Per Serving

Bromelain (1000 GDU)

500 mg

Other ingredients: cellulose, stearic acid, modified cellulose gum, magnesium stearate, dicalcium phosphate, modified cellulose, silicon dioxide.

Dosage and Use

- Take one to two tablets, or as directed by your qualified health consultant.

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