



Bromelain

**Helps Relieve Minor Pain, Swelling, and Inflammation
500 mg**

- Provides 500 mg of bromelain from pineapple stems per capsule
- Supports healthy digestion by enhancing the breakdown of dietary proteins
- Provides the clinical dose used in controlled trials for supporting musculoskeletal health
- Bromelain is well-absorbed and retains enzymatic activity, allowing for systematic anti-inflammatory effects

Code: 9510 **NPN:** 80125162
Size: 90 Capsules

PRODUCT SUMMARY

Bromelain, found in pineapple stems, is a combination of multiple proteolytic enzymes classified as cysteine or thiol proteinases. Bromelain’s long history as a digestive aid is partly attributed to its protein-digesting ability over a wide pH range. However, it has also been shown to stimulate pancreatic enzyme production and improve epithelial integrity in experimental models.

In addition to its function as a digestive enzyme, bromelain has been shown to be absorbed in the digestive tract and retain its enzymatic activity in the blood. Among its many enzymatic effects, bromelain has been shown to be a potent anti-inflammatory agent, reducing levels of inflammatory signals, such as tumour necrosis factor (TNF) and nuclear factor-kappa B (NF-kappaB).

Bromelain’s anti-inflammatory, fibrinolytic, and analgesic effects mediate many of its musculoskeletal benefits as well. In an open-label trial, bromelain supplementation was shown to reduce acute knee pain as well as stiffness and function, with a dose-dependent effect. In another clinical trial of mild/moderate knee osteoarthritis, bromelain had similar efficacy to standard therapy at four weeks. By 16 weeks, improvements in pain, stiffness, and function were observed with bromelain supplementation. More rapid recovery and reduction of pain and swelling following multiple types of minor trauma have been reported with bromelain as well.



BROMELAIN

HELPS RELIEVE MINOR PAIN, SWELLING, AND INFLAMMATION · 500 MG

Serving Size: 1 Capsule

Servings Per Container: 90

Each Capsule Contains:

Bromelain (*Ananas comosus* var. *comosus*) (stem)7,500,000 FCC PU (500 mg)

Non-medicinal Ingredients: Gelatin capsule (gelatin, purified water), vegetable grade magnesium stearate (lubricant).

Recommended Adult Dose: 1 capsule per day with food or as directed by a health care practitioner. Consult a health care practitioner for prolonged use.

Recommended Use: Digestive enzyme. Used in herbal medicine to help relieve minor pain, swelling, and inflammation.

Caution: Consult a health care practitioner prior to use if you are pregnant or breastfeeding, are taking anticoagulant agents, anti-inflammatory agents, or antibiotics, have gastrointestinal lesions/ulcers, or are having surgery. Some people may experience gastrointestinal discomfort/disturbances. Stop use if hypersensitivity/allergy occurs. Keep out of reach of children.

Contraindications: Should be used with caution in individuals with a pineapple allergy.

Drug Interactions: Bromelain has been reported to increase the concentration of several antibiotics, potentially increasing their effectiveness. Theoretical interactions with anticoagulant medications exist, though none have been substantiated.

Contains no artificial colours, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, salt, tree nuts, or GMOs. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

References available at bioclinicnaturals.com



· GUARANTEED ·

Bioclinic Naturals® products are manufactured to meet or exceed current Good Manufacturing Practices (cGMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



PRODUCT OF CANADA
Bioclinic Naturals® Canada
Burnaby, BC V3N 4T6
bioclinicnaturals.com

FOR PROFESSIONAL USE ONLY. This product is not intended to diagnose, treat, cure or prevent any disease.

© All Rights Reserved Bioclinic Naturals® 2023. October 11, 2023.

Bioclinic Naturals is distributed by Assured Natural Distribution Inc.

Head office Assured Natural Distribution Inc., 104 – 3686 Bonneville Place, Burnaby, BC, Canada V3N 4T6 | **U.S. Distribution office** 14224 167th Avenue SE, Monroe, WA, USA 98272

Customer Service 1-888-826-9625 · Fax 1-877-433-9862 · Email customerservice@bioclinicnaturals.com