



## Proteolytic Enzyme Clinical Strength

### Systemic enzyme formulation♦

- Comprehensive enzyme profile
- Targeted support for joint health♦

**40155 - 120 capsules**

### Sustain & Recover

Proteolytic Enzyme Clinical Strength provides support to the joint and musculoskeletal system unlike any other product offered by INNATE Response™.♦ This formula is a systemic enzyme formulation carefully crafted to contain specific enzymes that have been clinically studied to support numerous processes in the body.♦

Proteolytic enzymes (proteases) help digest proteins. Although the body produces these enzymes in the pancreas, certain foods, such as pineapple and papaya, also contain proteolytic enzymes.

One of the primary therapeutic uses for proteolytic enzymes is as a digestive aid for people who have occasional difficulty digesting proteins. However, proteolytic enzymes may also play a role in reducing inflammation and recovering from intense exercise and sports' injuries.♦

### Proteolytic Enzymes & Recovery

For athletes, sports' injuries are simply part of the game, which is why quick recovery from workouts and injury is an important goal. Even highly active amateur and weekend warriors are hampered by soreness, sprains and scrapes. Studies show that proteolytic enzymes may provide swift resolution and get active people back on their feet.

Protease supplementation may ease muscle soreness after intense exercise, such as running, and facilitate muscle healing to allow for faster recovery.<sup>1</sup> Studies indicate that proteolytic enzymes may also aid athletes in recovering strength loss after intense exercise.<sup>2</sup>



♦ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## A Look At Key Ingredients:

**Bromelain:** As a supplement, it is considered to have the capability to help maintain an already healthy inflammatory response.♦ Studies show varying clinical applications for this revered proteolytic enzyme include digestive and musculoskeletal system support.♦<sup>3</sup>

**Rutin:** Rutin shows supportive activity in the area of a healthy inflammatory response.♦ It also demonstrates supportive capabilities relative to blood platelet activity as well as capillary permeability.♦

**Trypsin:** Trypsin provides key support for both digestive function and to help maintain normal inflammatory responses throughout the body♦

**Bromelain, Papain and Trypsin Combination:** Studies suggest proteolytic enzymes may help support the musculoskeletal system following injuries (especially sports injuries ).♦<sup>4</sup>

Another study published in 2001 concluded that oral application of systemic enzymes were observed to support a healthy response and level of swelling after surgical intervention.♦<sup>5</sup>

### Sources:

1. P Miller et al. The effects of protease supplementation on skeletal muscle function and DOMS following downhill running. J of Sports Sciences, 2004; 22(4), 365-372.
2. T Beck et al. The effects of protease supplement on eccentric exercise-induced markers of delayed-onset muscle soreness and muscle damage. J of Strength & Conditioning Research. 2007; 21(3).
3. Taussig SJ, Batkin S. Bromelain, the enzyme complex of pineapple (Ananas comosus ) and its clinical application. An update. J Ethnopharmacol.1988;22:191-203.
4. Baumuller M. The application of hydrolytic enzymes in blunt wounds to the soft tissue and distortion of the ankle joint: a double-blind clinical trial [translated from German]. Allgemeinmedizin. 1990;19:178-182.
5. Kameníček V, et al. [Systemic enzyme therapy in the treatment and prevention of post-traumatic and postoperative swelling]. Acta Chir Orthop Traumatol Cech. 2001;68(1):45-9.

## Supplement Facts

Serving Size 1 Capsule

Amount per Serving	% Daily Value ▼
Bromelain (from pineapple) providing 120 GDU...	150 mg **
Papain (from papaya) providing 150,000 USP units	75 mg **
Pancreatin 4X providing 5000 USP units .....	50 mg **
Rutin .....	50 mg **
Trypsin.....	50 mg **

\*\* Daily Value not established

**Other Ingredients:** Cellulose, Vegetable Lubricant, Guar Gum, Silica, Ascorbyl Palmitate.



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