



# Bromelain 2400

INTRODUCED 1992

## What Is It?

Bromelain supports the body's innate ability to digest food and to maintain musculoskeletal comfort at the cellular level.\*

## Uses For Bromelain 2400

**Digestive Support:** As a proteolytic enzyme, bromelain aids in the healthy functioning of the digestive system when taken with food.\*

**Musculoskeletal comfort:** Taken between meals, bromelain maintains healthy kinin and fibrin production, supporting healthy musculoskeletal function. Research suggests that bromelain may promote muscle and joint comfort by providing support for healthy platelet function and inflammatory balance.\*

## What Is The Source?

Bromelain is sourced from the stem of pineapple. The activity of Pure Encapsulations Bromelain 2400 is expressed as GDU (gelatin digestion units) and provides 2,400 GDU per gram. One GDU is the amount of enzyme that will liberate 1 mg of amino nitrogen from a standard gelatin solution at pH 4.5-5.5 after 20 minutes digestion at 45°C. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

## Recommendations

Pure Encapsulations recommends:

- Bromelain 2400 500 mg: 1-4 capsules per day, in divided doses, with or between meals, as indicated.
- Bromelain 2400 250 mg: 4-8 capsules per day, in divided doses, with or between meals, as indicated.


## Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. Bromelain has been associated with GI upset or diarrhea. Individuals with an allergy to pineapple should avoid this product. Consult your physician for more information.

## Are There Any Potential Drug Interactions?

Bromelain may be contra-indicated with blood thinning medications and certain antibiotics. Consult your physician for more information.


### Bromelain 2400 500 mg

each vegetable capsule contains  V 0

bromelain (2,400 gdu/gram).....	500 mg
ascorbyl palmitate (fat-soluble vitamin C) .....	6 mg

1-4 capsules per day, in divided doses, with or between meals, as indicated.

### Bromelain 2400 250 mg

each vegetable capsule contains  V 2

bromelain (2,400 gdu/gram).....	250 mg
ascorbyl palmitate (fat-soluble vitamin C) .....	3 mg

4-8 capsules per day, in divided doses, with or between meals, as indicated.

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

For educational purposes only. Consult your physician for any health problems.