



UltimateBromelain

Anti-inflammatory



- Facilitates digestion
- Reduces inflammation

**Tested in our
ISO 17025
Accredited Laboratory**



newrootsherbal.com



UltimateBromelain New Roots HERBAL

Bromelain is found mostly in the stems of pineapples, and—through extraction—is available as a dietary supplement. Bromelain is a group of proteolytic enzymes that are essential for digesting protein. Although most enzymes are considered to be poorly absorbed, the body can absorb significant amounts of bromelain. People who suffer from malabsorption usually use proteolytic enzymes to help with their ailment.

Bromelain can prevent excessive blood platelet stickiness because it is a natural blood thinner. Through the positive reports in clinical trials, bromelain was shown to decrease symptoms of angina and thrombophlebitis. In addition, bromelain reduces the thickness of mucus, which can benefit patients with asthma or chronic bronchitis.

How Does it Work?

Bromelain is a natural anti-inflammatory enzyme that works by breaking down fibrin, a blood-clotting protein that can impede good circulation and prevent tissues from properly draining. Bromelain is used particularly with strains, muscle injuries, pain, swelling, and tenderness that accompany sports injuries. Bromelain also blocks the production of compounds that can cause swelling and pain. When inflammation is minimized, blood can flow easily to a damaged area, easing pain and speeding up the healing process. Because of its anti-inflammatory effects, bromelain has been found to significantly reduce postoperative swelling. Research has also found that bromelain has an effect in reducing swelling, bruising, and pain for women having minor surgery after they have giving birth (episiotomy).

Side Effects or Interactions

Bromelain is generally safe and free of side effects when taken in moderate amounts. However, increased heart rate has been noted with the use of bromelain, because it acts as a blood thinner. In addition, some people may be allergic to bromelain. Individuals should seek the advice of a health care professional before combining other drugs with bromelain.

Each vegetable capsule contains:

Bromelain (from pineapple

[*Ananas comosus* var. *comosus*] stem), 2400 GDU/g. 500 mg (18,000,000 FCC PU)

Other ingredients: Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

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Directions of use:

Adults: Take 1 capsule one to three times daily with food or as directed by your health-care practitioner. Consult a health-care practitioner for prolonged use.

Manufactured under strict GMP (Good Manufacturing Practices).

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