What is Bromelain?

Bromelain is a proteolytic enzyme – an enzyme which breaks down protein – that is found naturally in the stems of pineapples.

Inside our bodies, many unhealthy cells “disguise” themselves from the immune system using a protective protein shield.

Proteolytic enzymes like bromelain can blast this protective layer, promoting the removal of cellular debris and allowing the immune system to do its job.

Bromelain helps the body to produce enzymes that protect against illness.

Fact: Bromelain has been studied for its ability to enhance the effect of the antibiotics. In a study of people with urinary tract infections, 100% of participants given antibiotics in combination with bromelain were cured of their infection, compared to just 46% who received antibiotics alone.


Fact: Bromelain has been shown to enhance the body’s ability to repair itself.

Fact: Treatment with bromelain (540 mg/day over a three-week period) reduced osteoarthritis symptoms by up to 80 percent.


Bromelain also contains chemicals that interfere with the growth of tumor cells and other unhealthy cells, thereby helping the body heal normally.

Fact: Glioma tumor cells studied displayed reduced adhesive, migratory and invasive properties following bromelain treatment. Results showed a 43% difference in tumor migration in brain tissue between bromelain-treated group compared to the control group.