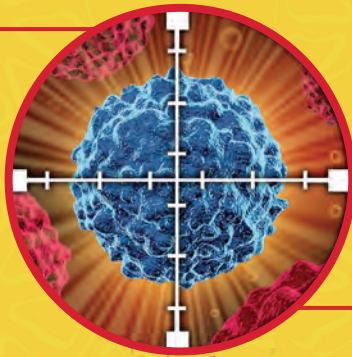


# What is Bromelain?



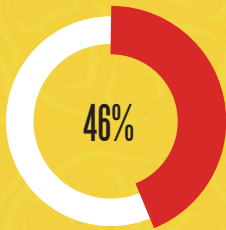
**Bromelain is a proteolytic enzyme – an enzyme which breaks down protein – that is found naturally in the stems of pineapples.**

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.



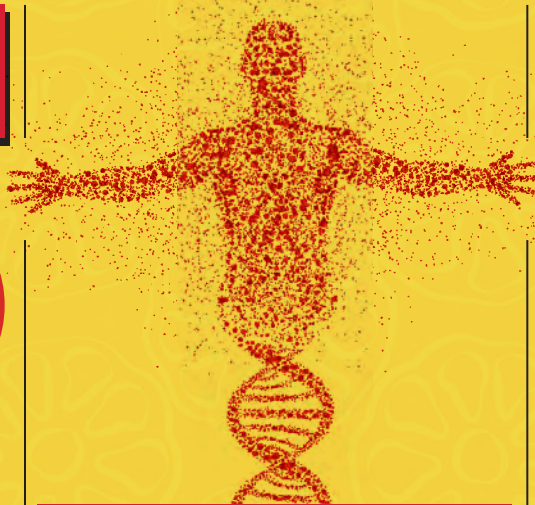
Urinary tract infections cured with antibiotics only.



Urinary tract infections cured with antibiotics in combination with bromelain.

**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.

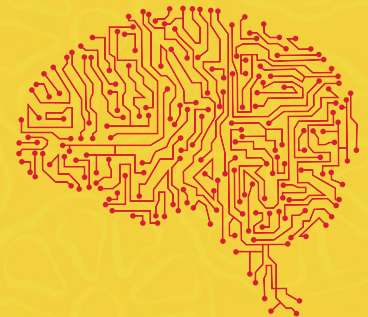
Source: Mori S, Ojima Y, Hirose T, Sasaki T, Hashimoto Y. The clinical effect of proteolytic enzyme containing bromelain and trypsin on urinary tract infection evaluated by double blind method. Acta Obstet Gynaecol Jpn. 1972;19(3):147-153.



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.**

Source: Klein G, Kullich W. Short-term treatment of painful osteoarthritis of the knee with oral enzymes: a randomised, double-blind study versus Diclofenac. Clin Drug Invest. 2000;19:15-23.



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.

Source: Berit B Tysnes, H Rainer Maurer, Torsten Porwol, Beatrice Probst, Rolf Bjerkvig, and Frank Hoover. Bromelain Reversibly Inhibits Invasive Properties of Glioma Cells. Neoplasia. 2001 November; 3(6): 469-479.