

# Bromelain 1250 GDU

Enzyme Activity Level

## Presentation

**A white coated oval tablet.**

### Each tablet delivers:

Bromelain 500mg  
Enzyme activity level: 1250 GDU\*

### Tableted with:

Calcium Carbonate, Cellulose, Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate), Crosslinked Cellulose Gum, Tablet Coating (Hydroxypropyl Methyl Cellulose, Glycerin).

**Disintegration time:** Less than 1 hour.

**Suitable for vegetarians** (V) **and vegans** (V)

\*GDU = gelatin-dissolving units.

**quantity**  
60

**type**  
tablets

**code**  
8520



## Uses

Bromelain, an enzyme derived from the stem of fresh pineapples, is probably best known for its use as a digestive aid, especially to assist in the digestion of fatty or high-protein meals. Recent research however, has turned many experts' attention to its use for helping sports people with sprains and strains. It is believed to inhibit the body's production of prostaglandins associated with inflammation and pain whilst promoting the formation of those with an anti-inflammatory action.

Bromelain can also work well when taken in conjunction with turmeric so many practitioners recommend taking the two products alongside each other. Bromelain appears to aid the absorption of curcumin, the active compound in turmeric.

This is one of the highest strength bromelain products available, providing 1250 GDU's (gelatin-dissolving units) per tablet. This is a measure of how active this naturally sourced enzyme really is and is therefore more relevant than the weight of bromelain. Watch out for some USA imports which overstate the GDU level per tablet on the front of the label (one described as 3000 GDU is actually 1000 GDU).

### Usage and administration

If taking with a digestive supplement, take 1 tablet before each main meal up to a maximum of 3 per day. If taking with any other supplement (eg glucosamine, turmeric), take 3 tablets (1 between each meal) for one week. Thereafter, a maintenance dose of 1 tablet daily can be taken for 3 to 6 months. Do not exceed recommended daily dose.

### Allergen advice

None (see page 194).

### Cautions

This product is not recommended for pregnant or lactating women.

### Storage instructions

To be stored in a cool, dry place and protected from light.

### Legal category

Food supplement.

