Lipase – the main enzyme responsible for breaking down fats.

Fungal amylase – an enzyme derived from the fungus Aspergillus oryza. Breaks down carbohydrates, such as starch, and glycogen.

Lipase – the main enzyme responsible for breaking down fats. Lipases hydrolyze triglycerides (fats) into their component fatty acid and glycerol molecules.

Protease (bacterial, fungal, neutral) – a group of enzymes whose catalytic function is to hydrolyze (breakdown) peptide bonds of proteins. Proteases differ in their ability to hydrolyze various peptide bonds. Bacterial proteases are optimally active in alkaline conditions, fungal proteases in more acidic conditions, and neutral proteases (from bacteria) are optimally active at a neutral pH.

Doctor’s Best designed this exceptionally potent, high-quality proteolytic enzyme formula to include a broad spectrum of proteolytic enzymes from a variety of plant, bacterial, and fungal proteases. A number of other clinical studies also support the use of proteolytic enzymes for joint support. Human studies have demonstrated the effectiveness of proteolytic enzymes in supporting healthy joint and musculoskeletal health. Two recent double-blind studies conducted in Austria, for instance, found that systemic enzymes support joint health. In both studies, researchers treated a total of 163 men and women for 6-7 weeks with either a common European over-the-counter medicine used to support healthy joints or a systemic enzyme formula. At the conclusion of the study, there was significant overall improvement in joint health in both the over-the-counter conventional medication and the proteolytic enzyme groups. A number of other clinical studies also support the use of proteolytic enzymes for joint support.

A large number of scientific studies published in the literature indicate proteolytic enzymes can provide support to other tissues in the body, in addition to joints, and to modulate the body’s immune system.

Studies have also examined the benefits of proteolytic enzymes for improving the elasticity and viscosity of nasal mucus. A recent clinical trial, for example, found that proteolytic enzymes are beneficial for children with acute sinus infections. In this German study of 116 patients, taking bromelain lead to statistically significant faster recovery from sinus symptoms compared to other treatments. In 1994, the German...
Serrapeptase appears to thin mucus and modulate molecules involved in both the immune and blood clotting systems. Studies thus far suggest that serrapeptase is a promising, safe and useful supplement to help support the immune system and thin mucus.

Serrapeptase has been used for years in Japan for treating mucus related symptoms. Several human studies have shown that serrapeptase thins mucus in some individuals. An open-label study in 2003 looked at the effects of 30 mg/day (equivalent to ~ 60,000 units of activity) of serrapeptase in 29 individuals with problems expectorating their sputum. After 4 weeks of treatment, those taking serrapeptase had significantly less morning sputum, and it was thinner and less elastic in nature compared to those taking placebo. The serrapeptase group also had less damaging inflammatory cells (neutrophils) in their sputum, and they coughed significantly less than those in the control group.

Other double-blind studies have shown that serrapeptase supports the body’s immune response to infections and that it modulates the body’s immune response after surgery.

Potency

Doctor’s Best discloses the potency details of every individual enzyme so you know exactly what you’re getting. Enzyme strength is measured in terms of activity. Enzymes may be present, but unless they are functional, they will not do any good. Instead of weight (such as milligrams) the important measurement with enzymes is the activity and potency of the enzyme. A product label should list enzyme strength in standard activity units rather than by weight.

Some enzyme manufacturers conceal the actual amounts of ingredients in their formulations or list the potencies in misleading ways. For example, they list measurements based on weight without providing any information on enzyme activity. Each of the enzymes in Best Proteolytic Enzymes is listed in terms of enzyme potency and activity using standard activity units.

Safety

As with any nutritional supplementation program, it is best to consult your physician before beginning an enzyme treatment program. Enzymes are safe for most people when used according to the recommended dosage. People prone to forming blood clots, such as those with atrial fibrillation or with chronic venous insufficiency, should consult their physician before taking any type of substance that may effect the blood viscosity. People with other bleeding disorders, ulcers, those who’ve had neurosurgery or ischemic stroke, or those taking blood thinning medications should also consult their physician before taking any enzyme supplements.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Scientific References