



Bromelain

Nature's Harmony® Bromelain is an exceptional supplement for the treatment of inflammation and mild joint pain.

PRODUCT CODE: 400839

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
May be effective in reducing inflammation and mild joint pain.	Capsules	Adults take 1 capsule daily. Consult a health care practitioner for prolonged use.

DESCRIPTION:

Each capsule of Nature's Harmony® Bromelain contains 500 mg of bromelain, providing 1,000 GDU* per capsule. This product is free of corn, dairy, egg, gluten, shellfish, soy, sulfites, and artificial colours, flavours, or preservatives.

*GDU = gelatin-digesting units (determines digestive activity).

Recommended Daily Allowance: N/A

Food Sources: N/A

Causes of Deficiency: General wear and tear, arthritis, injury.

Symptoms of Deficiency: Joint pain, inflammation.

Complementary Nutrients: Healthful diet and lifestyle.

HOW IT WORKS:

Bromelain aids in the digestion of fibrin, thus inhibiting edema, and it has an effect on anti-inflammatory mediators by inhibiting PGE2 (pro-inflammatory prostaglandin) and increasing levels of PGE1 (anti-inflammatory prostaglandin). It has been shown to be effective for various inflammatory conditions, including surgical recovery, edema, athletic injuries, and arthritis. Bromelain has also been found to be better tolerated than NSAIDs (non-steroidal anti-inflammatory drugs).



DID YOU KNOW...

Bromelain is derived from pineapple and is also used as a meat tenderizer and a digestive aid.

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RESEARCH:

The efficacy of bromelain has been shown in a study that investigated the effects of low and high doses of bromelain on mild acute knee pain in otherwise healthy adults. Seventy-seven subjects were given either 200 mg or 400 mg of bromelain per day. After 1 month, both groups experienced a significant reduction in overall symptoms. Improvements in stiffness and physical function were significantly greater in the high-dose group compared with the low-dose group. In addition, overall psychological well-being was significantly improved in both groups, with better improvement in the high-dose group.

SIDE EFFECTS:

Bromelain is generally well tolerated and no significant side effects have been noted; however, occasional gastric disturbance or diarrhea may occur in some individuals, and some people may experience allergic reactions. If this occurs, discontinue use.





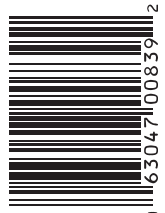
INTERACTIONS AND SAFETY CONSIDERATIONS:

Do not use if taking blood-thinning medication.

OTHER CONSIDERATIONS:

Do not use if you are pregnant or breastfeeding. Keep out of reach of children. Consult a health care practitioner for prolonged use.

LABEL:

 <p>Broméline 500 mg</p> <p>Réduit l'inflammation et la douleur dans les articulations</p> <p>60 capsules</p>	<p>Usage recommandé : Pourrait être efficace pour réduire l'inflammation et les douleurs légères dans les articulations.</p> <p>Dose recommandée (adultes) : Prendre 1 capsule par jour.</p> <p>Ingédients médicinaux : Chaque capsule contient : Broméline (anasas-Ananas spp) 500 mg fournissant 2000 UDC*/g * UDC (unités de digestion de gélatine) : détermine l'activité digestive.</p> <p>Ingédients non médicinaux : stéarate de magnésium, dioxyde de silicium, gélatine.</p> <p>Information sur les risques : Ne pas utiliser ce produit si vous êtes enceintes, si vous allaitez, ou si vous prenez des anticoagulants. Cesser l'usage en cas de réaction allergique, de troubles gastriques ou de diarrhée. Pour un usage prolongé, consulter un praticien de soins de santé.</p> <p>Ce produit ne contient pas d'ingrédient laitier, œuf, gluten, crustacés, soya, sulfites ni colorants, arômes ou agents de conservation artificiels.</p> <p>RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE PORTEE DES ENFANTS.</p>	<p>Recommended Use: May be effective in reducing inflammation and mild joint pain.</p> <p>Recommended Dose (Adults): Take 1 capsule daily.</p> <p>Medicinal Ingredients: Each capsule contains: Bromelain (pineapple Ananas spp)..... 500 mg providing 2000 GDU*/g * GDU (Gelatin Digestion Units): determines digestive activity</p> <p>Non-medicinal ingredients: Magnesium stearate, silicon dioxide, gelatin.</p> <p>Risk Information: Do not use if pregnant, breastfeeding, or taking blood-thinning medication. Discontinue use if allergic reaction, gastric disturbance or diarrhea occurs. For prolonged use, consult a health care practitioner.</p> <p>This product does not contain dairy, egg, gluten, shellfish, soy, sulfites or artificial colours, flavours or preservatives.</p> <p>STORE IN A COOL DRY PLACE. KEEP OUT OF REACH OF CHILDREN.</p>	 <p>Bromelain 500 mg</p> <p>Reduces Inflammation and Joint Pain</p> <p>60 Capsules</p>	<p>Actual Size Grandeur réelle</p> <p>DO NOT USE IF SEAL UNDER CAP IS BROKEN/ NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.</p> <p>www.naturesharmony.com 1-877-929-2548</p> <p> SunOpta Inc. 4 Commerce Crescent Atton, ON L7J 2K3</p> <p> A Proud Canadian Company Une compagnie canadienne fière de l'être.</p>  <p>0 16304 100839 2</p> <p>400839 01 01</p>
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