THE POTENTIAL BENEFITS OF PROTEOLYTIC ENZYMES

A Proteolytic Enzyme: is any enzyme that catabolises protein by hydrolysis of the peptide bonds that link amino acids together in the polypeptide chain forming the protein.

“There is a variety of proteolytic enzymes to consider, used in clinical practice for many years in the US & the UK.”

Proteolytic enzymes, when taken on an empty stomach to provide a systemic effect, can be an effective nutritional support for people experiencing a variety of commonly presenting conditions managed by Nutritional Therapists and other nutrition oriented practitioners.

Individuals may find their health supported by proteolytic enzymes when experiencing:

- Inflammatory Conditions (e.g. arthritis)
- Auto-Immune Conditions (which are always inflammatory)
- Circulatory Conditions
- Infectious conditions (bacterial, viral, parasitic, Lymes & its co-infections etc.)
- Sports Injury

The potential use of the enzymes in supporting individuals with auto-immune conditions was highlighted at the Nutri-Link Seminar presented a few months ago in November 2012 entitled “A Functional Medicine Approach to Auto-Immune Conditions” - http://tinyurl.com/d64ow33. The seminar notes provided an extensive list of peer-reviewed papers which detailed the benefits of Proteolytic Enzymes.

There are a variety of proteolytic enzymes to consider that are supplied by Nutri-Link Ltd. They all have a long history of use in clinical practice in the UK and USA as well as other countries.

Do review the Nutri-Link e-Newsletter from November (2012) which provided a link to a ‘Tuesday Minute’ presentation on the subject of Intenzyme Forte (BRC): http://tinyurl.com/dxklope.

The ubiquitous nature of proteolytic enzymes in therapy means that almost every day in clinical life presents an opportunity for their therapeutic inclusion.

With over 45 years of clinical experience between them Michael Ash and Antony Haynes have collated numerous clinical outcomes to assist you in your consideration of applicability.

Be comforted that proteolytic enzymes have almost no adverse indications for use once one has ruled out a history of gastritis.

Experience is an asset collected through experimentation and evolution of outcome improvement; the following indications are based on this and transfer of knowledge.

Here are the proteolytic enzymes Nutri-Link distributes.

- Bio-6-Plus (BRC) (porcine)
- Bromelain Plus CLA (BRC) (veg) http://tinyurl.com/cswbjvl
- Gluten-Gest (ARG) (veg) http://tinyurl.com/dxklope
- Intenzyme Forte (BRC) (porcine & veg) http://tinyurl.com/6o28kaw
- Kristazyme (PMN) (veg)
- Pancreas (Pork) (ARG) (porcine)
- Natto Kinase (ARG) (veg) http://tinyurl.com/bmx66gb
Practitioners will know that an individual trial and error process is an incomplete way to learn about the effects / benefits of supplements. Our collated experiences based primarily on trial, and rarely error are explored in the following suggestions.

The specific products are detailed with a broad summary of the conditions which may benefit from the support of proteolytic enzymes. Following this, some examples where people have experienced improvements with the use of a variety of enzymes are listed.

**Intenzyme Forte (BRC) (porcine & veg)**
To be considered for supporting healthy recovery from sports injury, and also in conjunction with anti-microbials & in the support of inflammatory conditions.

**Gluten-Gest (ARG) (veg)**
Useful in conjunction with anti-microbials & in supporting inflammatory conditions.

**Pancreas (Pork) (ARG) (porcine)**
Useful in sports injury, in conjunction anti-microbials & in supporting inflammatory conditions & used by Dr Nicholas Gonzalez for his patients.

**Bio-6-Plus (BRC) (porcine)**
To be considered in conjunction anti-microbials & in supporting inflammatory conditions.

**Kristazyme (PMN) (veg)**
To be considered in conjunction anti-microbials & in supporting inflammatory conditions.

**Bromelain Plus CLA (BRC) (veg)**
To be considered for sports injury, in conjunction anti-microbials & in supporting inflammatory conditions.

**Natto Kinase (ARG) (veg)**
To be considered for supporting healthy circulation.

**Other Conditions**

- Proteolytic enzymes offer anti-mucolytic activities; these are referenced on the next page.
- Patients with scar tissue have seen it improve with the use of Intenzyme Forte (BRC) and others.
- Patients with adhesions and cysts may also benefit from Proteolytic Enzymes.
- Fibroids - A recent discussion on the subject can be viewed on this link: [http://tinyurl.com/8ody6s5](http://tinyurl.com/8ody6s5)
People diagnosed with the following, may find that proteolytic enzymes offer additional support.

**Auto-Immune Thyroiditis**
- Pancreas (pork) (ARG) – 5-7 mid a.m. & 5-7 mid p.m.
- Gluten-Gest (ARG) – 5 mid a.m. & 5 mid p.m.
- Kristazyme (PMN) – 4-6 mid a.m. & 4-6 mid p.m.

**Auto-Immune Sarcoidosis**
- Pancreas (pork) (ARG) – 5-7 mid a.m. & 5-7 mid p.m.
- Gluten-Gest (ARG) – 5 mid a.m. & 5 mid p.m.

**Multiple Sclerosis**
- Pancreas (pork) (ARG) – 5-7 mid a.m. & 5-7 mid p.m.
- Gluten-Gest (ARG) – 5 mid a.m. & 5 mid p.m.

**Lupus**
- Pancreas (pork) (ARG) – 5-7 mid a.m. & 5-7 mid p.m.
- Intenzyme Forte (BRC) – 4-10 mid a.m. & 4-10 mid p.m.

**Arthritic Conditions**
- Pancreas (pork) (ARG) – 5-7 mid a.m. & 5-7 mid p.m.
- Intenzyme Forte (BRC) – 4-10 mid a.m. & 4-10 mid p.m.
- Gluten-Gest (ARG) – 5 mid a.m. & 5 mid p.m.
- Bromelain Plus CLA (BRC) – 6 mid a.m. & 6 mid p.m.
- Bio-6-Plus (BRC) – 4-6 mid a.m. & 4-6 mid p.m.

**Circulatory Disorders**
- Natto Kinase (ARG) – 1-2 caps mid a.m. & mid p.m., and sometimes at bedtime too

**Viral & Bacterial Conditions**
- Pancreas (pork) (ARG) – 5-7 mid a.m. & 5-7 mid p.m.
- Gluten-Gest (ARG) – 5 mid a.m. & 5 mid p.m.
- Kristazyme (PMN) – 4-6 mid a.m. & 4-6 mid p.m.

**Parasitic Infections**
- Intenzyme Forte (BRC) – 4-10 mid a.m. & 4-10 mid p.m.
- Bromelain Plus CLA (BRC) – 6 mid a.m. & 6 mid p.m.
- Bio-6-Plus (BRC) – 4-6 mid a.m. & 4-6 mid p.m.

**Sports Injuries**
- Intenzyme Forte (BRC) – 4-10 mid a.m. & 4-10 mid p.m.
- Gluten-Gest (ARG) – 5 mid a.m. & 5 mid p.m.
- Bromelain Plus CLA (BRC) – 6 mid a.m. & 6 mid p.m.

Clinical experience has indicated the the concomitant use of different enzymes, but at different time of the day may confer additional supporting benefits.

In summary, after some years of experience and careful management of outcomes, we have identified the four most effective enzyme formulae in terms of consistent and safe benefits:

- Intenzyme Forte (BRC)
- Gluten-Gest (ARG)
- Pancreas (pork) (ARG)
- Kristazyme (PMN)

These additional enzymes have their role in health support also:

- Bio-6-Plus (BRC) (porcine)
- Bromelain Plus CLA (BRC) (veg)
- Natto Kinase (ARG) (veg)

Nattokinase is a well-studied enzyme group that supports healthy circulation for example.

If you have any questions about the use of proteolytic enzymes in your clinical practice, please do not hesitate to post the case information and question on our LinkedIn forum or ask one of our Technical Team on 08458 94 97 67