

Bromelain is an enzymatic protein derived from pineapples. As an enzyme, bromelain is described as proteolytic, meaning it digests other proteins. It is also described as a systemic enzyme, so it operates not just in the gastrointestinal tract but throughout the body in other systems.[†] Taking bromelain can aid in the digestion of protein rich foods. It can also support a healthy response to inflammation by countering circulating immune complexes that occur after bodily stress.[†] Finally, bromelain has fibrinolytic activity, meaning it can breakdown the protein fibrin. Although fibrin is essential for blood clotting, overproduction of fibrin can affect circulation and tissue health.[†]

**We Guarantee Our Supplements
for Potency and Purity**

To report a serious adverse event, call 1-888-710-0006

† THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

BROMELAIN

500 mg

Supports Protein Digestion and Healthy Tissue[†]

Dietary Supplement



90 VEGETARIAN CAPSULES

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 90

Amount Per Serving	% Daily Value
Bromelain 500 mg	*
(from pineapple, 600 GDU/gm)	

* Daily value not established.

OTHER INGREDIENTS: VEGETARIAN CAPSULE (CELLULOSE), CELLULOSE (VEGETABLE SOURCE), CALCIUM STEARATE (VEGETABLE SOURCE), SILICA.

SUGGESTED USE: Take one capsule prior to protein rich meals or after strenuous physical activity.

CONTAINS NO artificial colors, flavors, or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for Vegans.

KEEP OUT OF REACH OF CHILDREN. VL 756-90A

