



Manufacturers of  
Hypo-allergenic  
Nutritional  
Supplements



# Systemic Enzyme Complex

INTRODUCED 2005

## What Is It?

A synergistic enzyme formula that provides support for muscle, joint and overall tissue health. The proteolytic enzymes included in this formula support physiological homeostasis of musculoskeletal and other tissues for wide range systemic support.\*

## Uses For Systemic Enzyme Complex

**Promotes Overall Tissue Health and Immune Support:** Enzymes included in this formula have the potential to influence bradykinin formation, modulate the arachidonic cascade and prostaglandin E2 production, and provide fibrinolytic support. All of these actions contribute to the potential of proteolytic enzymes to maintain healthy immune mediator activity at the cellular level and overall tissue health.\*

**Muscle Support:** Proteolytic enzymes have also been found to support muscle comfort and recovery of contractile function, as indicated in one placebo controlled human study involving athletes. Animal studies have indicated that some proteolytic enzymes may result in enhanced muscle recovery.\*

**Joint Support:** Proteolytic enzymes support joint and cartilage comfort. Rutin, a flavonol, was shown in several animal studies to promote joint health better than other flavonols and is included in this formula to complement both its musculoskeletal and tissue support potential. Boswellia serrata is an Ayurvedic herb that has a long history of use for connective tissue and joint support. Boswellic acids, the terpenoid constituents of boswellia, maintain healthy 5-lipoxygenase enzyme activity and healthy leukotriene metabolism. In addition, boswellic acids may maintain healthy human leukocyte elastase enzyme activity, preserving the integrity of healthy connective tissue. Serrazimes®, a serrapeptidase-comparable enzyme blend, helps lessen minor pain and maintain a healthy inflammatory response.\*

## What Is The Source?

Pancreatin and trypsin are porcine derived and lactose-free. Chymotrypsin is bovine derived and lactose-free. Protease 6.0 and Serrazimes® are derived from the digestion of a nutrient source by *Aspergillus oryzae* and *Aspergillus melleus*. Bromelain and papain are derived from pineapple and papaya, respectively. Rutin is sourced from the Fava danta tree found in Brazil. Boswellia serrata is standardized to contain 70% boswellic acids. Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil.

Serrazimes® is a registered trademark of National Enzyme Company.

## Recommendations

Pure Encapsulations recommends 3–6 capsules per day, in divided doses. For systemic support, this formulation should be taken between meals.

## Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. Individuals with an allergy to pineapple or papaya should not take this product. While there is no fungi present in the final product, individuals with candida may be sensitive to this product. Rare side effects of boswellia include diarrhea, skin rash, acid reflux and nausea and may be contraindicated in those with pre-existing gastritis or gastro-esophageal reflux disease (GERD).

## Are There Any Potential Drug Interactions?

Studies suggest boswellia moderates 5-lipoxygenase and therefore may interact with leukotriene inhibitors.

(continued)

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.

**Systemic Enzyme Complex**

three vegetable capsules contain  1

pure pancreatin (porcine) (lactose-free).....	176 mg
(50,000 USP units protease)	
protease 6.0 (60,000 HUT).....	120 mg
Serrazimes® (protease blend) (10,000 U) .....	17 mg
bromelain (2,400 gdu/g).....	120 mg
papain (800 TGU/mg) .....	120 mg
rutin .....	100 mg
trypsin (porcine) (1:150) (11,250 USP units).....	75 mg
chymotrypsin (bovine) (2,550 USP units) .....	3 mg
Boswellia serrata extract (gum resin) .....	250 mg
(standardized to contain 70% boswellic acids) .....	175 mg
ascorbyl palmitate (fat-soluble vitamin C) .....	30 mg

**3-6 capsules per day, in divided doses, between meals.**



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