

INFLA-HEAL PLUS is a combination of digestive enzymes, mostly of the proteolytic and metabolic sort, antioxidants and amino acids.

The enzymes contained in INFLA-HEAL PLUS favour the effective digestion of protein, carbohydrates and fat, dissociating food molecules and facilitating nutrient absorption in the blood, improving digestion. They also catalyse different chemical reactions in cells, organs and tissues, deactivating molecular components during inflammatory processes, while antioxidants attack and remove the free radicals produced in the process.

Proteolytic enzymes play an important role in this formula, as they act on protein dissociation and prepare it for correct absorption. In addition to helping digestion, they've been shown to have anti-inflammatory properties. Good protein digestion is very important since particles that are not digested correctly can pass into the bloodstream along with other nutrients and lead to different allergic reactions, as well as favour the formation of toxic substances produced during putrefaction. Protein that is not well digested causes inflammation in the body.

Proteolytic enzymes are important for preventing tissue deterioration during inflammation. They favour the breakdown of fibrin and prevent its clotting. Fibrin stimulates inflammation, forming a wall around the inflamed area, blocking the flow of blood and lymph that cause swelling and can also lead to the development of blood clots, which can detach and cause cerebral embolism or heart attack.

This combination promotes good digestion when taken before meals, helping reduce feelings of stomach discomfort and heaviness. When taken between meals, the ingredients in this formula work to reduce the inflammation that causes tissue damage.

**Ingredients:** Pancreatic enzymes (from *Sus scrofa*), bromelain, pancreatic trypsin (from *Sus scrofa*), rutin (from *Sophorae japonica* flower bud), zinc gluconate, papain (fruit of *Carica papaya*), bulking agent: microcrystalline cellulose, L-cysteine hydrochloride, anticaking agents: magnesium salts of fatty acids and silicon dioxide, vegetable capsule with enteric coating (glazing agent: hydroxypropylmethylcellulose; aqueous enteric-coating solution; purified water).

<b>Nutritional information:</b>	<b>2 enteric capsules (1,5 g)</b>
Pancreatic enzymes 4X	500 mg
Protease	50 000 USP-PC
Amylase	50 000 USP-AGU
Lipase	10 000 USP-LU
Bromelain	345,6 mg
(2 500 GDU/g)	864 GDU
Papain	3 600 000 USP-PU
Trypsin	36 000 USP-TU
providing Chymotrypsin	720 USP-CU
Rutin	170 mg
L-Cysteine hydrochloride	20 mg
Zinc	5,2 mg (52%*)

\*NRV: Nutrient Reference Value in %

USP: United States Pharmacopeia

PC: Proteolytic Units.

AU: Amyloglucosidase Units.

LU: Lipase Units.

GDU: Gelatin Digesting Units

PU: Papain Units

TU: Trypsin Units

CU: Chymotrypsin Units

#### Size and format:

90 enteric vegetable capsules.

#### Recommended daily dose:

1 capsule two to four times daily between meals.

To help reduce inflammations it is recommended to take 3 capsules three times daily between meals (total 9 capsules daily) or as recommended by a health-care practitioner.

Do not exceed the stated recommended daily dose.

#### Indications and uses:

Different studies have shown that the ingredients in INFLA-HEAL PLUS can help relieve the following conditions:

Pancreatic insufficiency characterized by poor digestion, malabsorption, nutrient deficiency, abdominal discomfort, poor digestion, gastrointestinal inflammation, inflammation of different types such as rheumatoid arthritis, tendinitis, joint damage, bursitis, sports injuries, muscle pain, hits and blows, twisting, sprains, burns, cuts, thrombophlebitis, bruising, and scarring. It is also useful for treating cystic fibrosis as well as cases of food allergy. It controls inflammatory processes that can become chronic diseases.

Patients suffering from cancer have been observed to be deficient in pancreatic enzymes, so proteolytic enzymes are considered helpful.

## Cautions:

It is not recommended to use if you are pregnant or breast-feeding. Consult a health-care practitioner if you are treated with medicine, especially anticoagulants or sedatives, or if you have a special medical condition. Do not take if you are sensitive to pancreatic enzymes or to pork proteins.

Consult a health-care practitioner prior to use if you have pancreatitis, pancreatic exocrine insufficiency, or cystic fibrosis, if you have gastrointestinal lesion/ulcer, diabetes, if you have allergy to latex or fruits (e.g. avocado, banana, chestnut, passion fruit, fig, melon, mango, kiwi, pineapple, peach, and tomato); if you are taking nitroglycerin; or if you have cystinuria.

**PANCREATIN:** Pancreatin is a preparation of pancreatic enzymes isolated from fresh pig pancreas.

It provides **amylase**, which intervenes in the breakdown of starch and carbohydrate molecules into smaller sugars. The different types of amylase dissociate molecules of different types of sugars, lactase dissociates lactose (milk sugar), maltase dissociates maltose (malt sugar) and sucrase dissociates sucrose (cane and beet sugar).

**Protease:** Protease intervenes in protein digestion and its breakdown into simple amino acids. Protease enzymes, like other digestive secretions, are responsible for maintaining the small intestine free of parasites. A lack of protease enzymes increases the risk of intestinal infection. These include trypsin, chymotrypsin and carboxypeptidase. **Lipase**, along with bile, intervenes in fat digestion. A deficiency in pancreatic lipase results in poor absorption of fat and fat soluble vitamins. The action of pancreatin is favoured by the presence of the enzymes bromelain and papain.

**TRYPSIN AND CHYMOTRYPSIN:** These are pancreatic enzymes that effectively dissociate protein<sup>(4)</sup>.

**BROMELAIN:** Bromelain is found in pineapple and is an enzyme that digests protein. In addition to its proteolytic activity, it has properties that regulate prostaglandins, which are involved in the onset of inflammation. Bromelain can moderate symptoms and shorten recovery time. It can also improve damage suffered in the walls of arteries and veins caused by inflammation. Bromelain has been shown in many studies to be very effective at helping the body respond to swelling and inflammation. The best results are obtained when used in combination with pancreatin<sup>(1,2)</sup>.

Pancreatic enzymes and bromelain are considered effective anti-inflammatory agents. Their main effects consist of reducing swelling and helping the body eliminate deposits that can form in joints.<sup>(2)</sup>

**PAPAIN:** Papain comes from papaya and digests protein. It has been shown to digest wheat gluten and make it innocuous for people with celiac disease.

Both papain and bromelain are digestive enzymes which resist degradation in the gastrointestinal tract by different conditions<sup>(9)</sup>.

**RUTIN:** A bioflavonoid coming from the eucalyptus tree, rutin has antioxidant and anti-inflammatory properties<sup>(10)</sup>.

**ZINC gluconate:** This mineral acts mainly as a co-enzyme of the antioxidant enzyme superoxide dismutase, or SOD. It has significant antioxidant power which acts mainly by preventing fat oxidation<sup>(11)</sup>.

**L-CYSTEINE:** This is an amino acid with antioxidant characteristics which acts on the liquid area surrounding cells throughout the body. It helps in collagen production<sup>(12)</sup>.

## References:

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