

## Bromelain

### Description: \_\_\_\_\_

Bromelain is produced in the form of capsule. Each capsule contains bromelain, 500 GDU as an active ingredient, for oral use.

Serving per container: 10 Capsule

#### Active Ingredients

#### Amount per Serving

Bromelain

1500 GDU(600 mg)

#### Inactive Ingredients:

lactose monohydrate, microcrystalline cellulose, talc.

### Category: \_\_\_\_\_

Natural products

### Indications: \_\_\_\_\_

Anti inflammatory

### Functional Properties: \_\_\_\_\_

Bromelain is an enzyme that breaks down protein molecules and is obtained from pineapple stems. In lab experiments, bromelain prevented blood clotting and decreased inflammation. Studies show that bromelain can reduce swelling, tenderness and pain in injuries to the musculoskeletal system. Bromelain can reduce post-operative swelling and oedema and, when taken pre-surgery, can reduce the duration of pain and inflammation.

### Contraindications: \_\_\_\_\_

You should NOT take bromelain if you:

- Are allergic to bromelain, pineapple and any other ingredients of this capsule.

### Pregnancy and Breastfeeding: \_\_\_\_\_

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this product.

bromelain capsules aren't recommended for using during pregnancy and lactation, because the safety of this supplement has not been established.

### Warnings and Precautions: \_\_\_\_\_

Talk to your physician or pharmacist before taking bromelain if you:

- Suffer from gastrointestinal ulcer/disorder.
- Have history of blood clotting, bleeding or menstrual disorders.

### Drug interaction: \_\_\_\_\_

Please ask your physician or pharmacist if you are taking any other medicines, including medicines obtained without prescription. This applies specially to the medicines listed below:

- Anticoagulant medication such as warfarin sodium
- Tetracycline antibiotics such as doxycycline

### Dosage and Administrations: \_\_\_\_\_

Always take this product exactly as your doctor has told you.

Adults: Take 1 capsule, three times a day before meals.

### Side effects: \_\_\_\_\_

Like all medicine, this product can cause side effects, although not everybody gets them. Possible side effects of bromelain are: gastrointestinal symptoms, including nausea, vomiting and diarrhea.

### Storage: \_\_\_\_\_

Store below 30° C and protect from light and moisture.

Keep out of reach of children.

**Marketing authoraization holder:** Iran Daru Co.

Manufactured at Iran Daru pharmaceutical company

### Reference: \_\_\_\_\_

**Natural medicines**