



SERRAPEPTASE

Got pain or inflammation? Enerex Serrapeptase is made from an enzyme that's proven to reduce pain, mucous build-up, and symptoms of inflammation, including those from post-operative swelling. It also helps to break down disruptive build-up in the body that may cause other health issues. It literally dissolves your health worries by acting as a natural pipe cleaner to clear blockages that create pain and impair wellness. [See Testimonials](#)

- **Overview**
- **Features**
- **Ingredients**
- **Ailments**
- **Packaging**
- **Testimonials**



OVERVIEW

What do a stuffy nose, an ear infection and post-operative swelling have in common? They're all initially caused by inflammation.

Our bodies have a love-hate relationship with inflammation: it is a natural response necessary to protect the body and aid the healing process, but it also causes pain and swelling, mucous build-up, and increase the symptoms of infections such as redness, burning, pain and heat. Inflammation in the body can also limit joint function, destroy bone, and lead to heart trouble.

The search to find a natural remedy to reduce pain and inflammation associated with certain conditions and free of side-effects resulted in the discovery of Serrapeptase. Enerex was the first company to introduce Serrapeptase to Canadians.

What is Serrapeptase?

Serrapeptase, also called Serrapeptidase or Serratio Peptidase, is an enzyme that breaks down or "digests" particles made of protein. It is produced by the silkworm and is used to digest the

This general information is provided for educational and interest purposes only and in no way should be interpreted to be diagnosing, advising, or recommending treatment for any illness or health condition nor should it be substituted for proper medical advice or care. The content is "as is" with no representations or warranties, expressed or implied. Always consult a qualified health care professional. Do not disregard, delay, or discontinue medical treatment based on information contained herein.



mulberry leaves that they eat, but also to dissolve their hard fibrous cocoons (which are used for silk fabric) when they're ready to become a moth.

Who should take Serrapeptase?

If you have chronic inflammation or pain, Serrapeptase acts as an anti-inflammatory. It does not have the side effects associated with NSAIDs (non-steroidal anti-inflammatory drugs such as salicylate and ibuprofen). If you have swelling, it can reduce fluid retention (edema), and post-operative swelling, and can help bring relief if you have sinus issues like sinusitis or throat ailments. Research has shown that Serrapeptase can also help to break up and remove other types of tissue.

Serrapeptase has been used to support antibiotics because it can dissolve bacterial "biofilms" (a common cause of persistent infections) and increase the absorption/concentration of the antibiotic in the body.

Healing magic of the silkworm? Serrapeptase is thought to work in three ways.

1. It relieves chronic pain by blocking the release of the body's pain-inducing amines (natural chemicals) in inflamed tissue.
2. It reduces inflammation by thinning the fluids formed from inflammatory conditions, and helps the fluid to drain. This also speeds tissue repair.
3. It breaks down dead or damaged tissue (without harming living tissue) dissolving the protein by-products

Over 30 years of clinical research speaks to the safety and effectiveness of Serrapeptase for a broad spectrum of ailments.

This general information is provided for educational and interest purposes only and in no way should be interpreted to be diagnosing, advising, or recommending treatment for any illness or health condition nor should it be substituted for proper medical advice or care. The content is "as is" with no representations or warranties, expressed or implied. Always consult a qualified health care professional. Do not disregard, delay, or discontinue medical treatment based on information contained herein.



INGREDIENTS

For each respective potency, each capsule contains*:

Serrapeptase 60,000 SU (Serratia peptidase enzyme)	30 mg
Serrapeptase 90,000 SU (Serratia peptidase enzyme)	45 mg
Serrapeptase 120,000 SU(Serratia peptidase enzyme)	60 mg

Non-medicinal ingredients

organic brown rice flour*, magnesium stearate, hypromellose, gellan gum, (vegetarian cellulose complex DRcaps = Delayed Release capsule).

There are no other ingredients added to this formula.

*Certified organic by OTCO (Oregon Tilth Certified Organic)

Directions:

Take one capsule daily on an empty stomach 30 minutes before or two hours after a meal or as advised by a health care practitioner.

FEATURES

How is Serrapeptase made?

Enerex Serrapeptase is derived from controlled fermentation of a strain of beneficial bacteria called *Serratia marcescens* E-15. Silk worms are not used to produce this product.

After ingestion, Serrapeptase is a type of enzyme that is transported directly from your intestines into your bloodstream, and therefore after taking a capsule it is delivered to the problem areas in your body quickly. Our enzyme is put into a specialized DR Delayed Release vegetarian capsule that protects the delicate enzyme so it can pass through your stomach and its harsh acidic environment unchanged and unharmed.

This general information is provided for educational and interest purposes only and in no way should be interpreted to be diagnosing, advising, or recommending treatment for any illness or health condition nor should it be substituted for proper medical advice or care. The content is "as is" with no representations or warranties, expressed or implied. Always consult a qualified health care professional. Do not disregard, delay, or discontinue medical treatment based on information contained herein.



Why a DR Capsule vs. enteric coating?

Your stomach acid can actually neutralize or even destroy Serrapeptase before it can be effectively absorbed in your intestine to begin to do its work. To prevent this, Enerex uses a specialized delayed release vegetable based capsule that only breaks down in the intestinal tract when a certain higher pH is achieved, ensuring that the entire enzyme is delivered unscathed to the small intestine for maximum absorption. Enteric coating either coats the capsule or the ingredient. Both cases involves extra processing, which can impact the activity of the enzyme. Some enteric coatings also contain harmful phthalates. Be aware that some manufacturers state that their active enzyme is “enteric coated” but then deliver it in a non-enteric tablet. This is not as effective as an enteric coating or DR caps.

Proof of potency

Physicians throughout Asia and Europe have recognized the anti-inflammatory and pain-blocking benefits of this naturally occurring substance, and are using Serrapeptase as an alternative. Here are research studies:

Post-Operative Swelling:

A double-blind study conducted by German researchers determined the effect of Serrapeptase on general post-operative swelling and pain. This study involved sixty-six patients who were treated surgically for lateral collateral ligament of the knee. On the third post-operative day, the group receiving Serrapeptase showed a 50% reduction of swelling compared to the others. The patients receiving Serrapeptase also became pain-free faster than the control group, and by the 10th day, the pain had disappeared completely. (Esch PM, Gerngross H, et al. “Reduction of postoperative swelling...”, *MMR Fortschr Medical Journal* 1989;107 (4):67-8, 71-2)

A Japanese double-blind, placebo-controlled study evaluated Serrapeptase’s results following surgery with 174 patients. Of those, 88 patients received 10 mg of Serrapeptase three times on the day before their operation, once the night of the operation, and three times daily for five days following the operation; the other 86 received placebo. Researchers found that Serrapeptase supported buccal swelling better than the placebo. (Tachibana M et al. *Pharmatherapeutica*, 1984;3(8):526-30)

This general information is provided for educational and interest purposes only and in no way should be interpreted to be diagnosing, advising, or recommending treatment for any illness or health condition nor should it be substituted for proper medical advice or care. The content is “as is” with no representations or warranties, expressed or implied. Always consult a qualified health care professional. Do not disregard, delay, or discontinue medical treatment based on information contained herein.



Respiratory Function:

In a 2003 Japanese clinical trial, patients with respiratory illness were given Serrapeptase for 4 weeks. At the end of the study, the researchers found that Serrapeptase helped to clear mucus in nose and throat by reducing neutrophil (white blood cell) numbers. (Nakamura S, Hashimoto Y, et al. "Effect of serrapeptase in patients with chronic airway disease." *Respirology*, 2003;8(3):316-20).

Other ear, nose and throat issues have also been alleviated with Serrapeptase. In a multi-clinic study in Italy, 193 subjects suffering from chronic ear, nose or throat disorders were treated for 7 to 8 days, with two Serrapeptase (or placebo) tablets three times a day. After 3-4 days' treatment, significant symptom regression was seen in Serrapeptase-treated patients. There was significant reduction in symptoms after 7-8 days in both groups, but response was more marked in those receiving Serrapeptase. Statistics of the two groups confirmed the greater effectiveness and faster action of Serrapeptase against all symptoms examined. (Mazzone A et al., Italy, "Evaluation of Serratia peptidase in acute or chronic inflammation of otorhinolaryngology pathology," *Journal of International Medical Research*, 1990 Sep-Oct;18(5):379-88)

Carpal Tunnel Syndrome:

Twenty patients with CTS were given 10 mg of Serrapeptase twice daily and reassessment after 6 weeks. In 65 % of cases, it showed significant clinical improvement, supported by improvement in the patients' electrophysiological parameters (meaning the electrical energy that creates movement in the body's systems like the nervous system and heart). No negative side effects were observed. (Dept. of Neurology, SMS Medical College and Hospital, Jaipur. *Journal of Associated Physicians*, India 1999 Dec;47(12):1170-2)

Cystic Breast Disease:

Serrapeptase has also been used in the successful treatment of fibrocystic breast - disease. In a double-blind study, 70 Asian patients with breast engorgement were divided into a treatment and placebo group. Serrapeptase was superior to the placebo for reduction of breast pain, swelling and induration (firmness). And 85.7 percent of the patients receiving Serrapeptase reported moderate to marked improvement. No adverse reactions were reported. Researchers concluded that "Serrapeptase is a safe and effective method for the treatment of breast engorgement." (Kee WH, Tan SL, et al. "Treatment of breast engorgement with Serrapeptase, randomized double-blind controlled trial." *Singapore Medical Journal*. 1989;30(1):48-54.

This general information is provided for educational and interest purposes only and in no way should be interpreted to be diagnosing, advising, or recommending treatment for any illness or health condition nor should it be substituted for proper medical advice or care. The content is "as is" with no representations or warranties, expressed or implied. Always consult a qualified health care professional. Do not disregard, delay, or discontinue medical treatment based on information contained herein.



FAQs

Q. What are the side effects of Serrapeptase?

A: Since Serrapeptase is a natural enzyme, it's rare to find anyone that has suffered from any side effects or contraindications. As with any supplement or drug, it's important that you adhere to the recommended dosage and follow the instructions on the label. However, due to the proteolytic action of Serrapeptase, if you are taking blood thinners or anti-coagulants, on high blood pressure medication, have a gastrointestinal lesion/ulcer, or having surgery, consult your health care practitioner prior to use.

Q: What is the recommended dosage of Serrapeptase?

A: We've consulted with medical professionals to find the right dosage for specific health issues. For more acute and severe conditions, try the 90,000 SU or 120,000 SU potency, while the 60,000 potency can be used as a preventative or for mild conditions. We always recommend to consult your health care professional prior to use.

Q: If I'm taking another enzyme, can I also take Serrapeptase?

A: While there have been no widely reported side effects for those taking Serrapeptase, it's a good idea to check with your health care practitioner before starting a new remedy to ensure there are no contraindications with pharmaceutical medications or treatments. It should not conflict with or negatively affect nutritional digestive enzymes that are taken before, during or after a meal to increase digestion.

Q: Is Serrapeptase good for vegetarians?

A: Serrapeptase can be used by anyone following a vegetarian diet. The enzyme is derived from a bacteria so some strict vegans may choose not to take it.

Q: Where can I buy Serrapeptase?

A: You can buy Serrapeptase around the world and in most natural food store retailers in Canada. It's a very well established and popular anti-inflammatory in many parts of Europe and Asia, and is becoming more popular in North America.

This general information is provided for educational and interest purposes only and in no way should be interpreted to be diagnosing, advising, or recommending treatment for any illness or health condition nor should it be substituted for proper medical advice or care. The content is "as is" with no representations or warranties, expressed or implied. Always consult a qualified health care professional. Do not disregard, delay, or discontinue medical treatment based on information contained herein.



PACKAGING

Why should you care about Enerex Serrapeptase's bottle? We chose this packaging because it protects the product and the planet.

Enerex products are housed in recyclable BPA-free PETE plastic containers to provide the best protection against oxidation, moisture, sunlight, and “chemical migration” from container to product (so the supplements don't acquire toxins from the plastic). In all of these areas, PETE is virtually equal to that of glass but without the larger environmental footprint left by glass packaging (it's very heavy to transport, using more fossil fuel).

PETE plastic is far superior to that of HDPE plastic: HDPE plastic is used for the majority of products on the market, but unlike more costly PETE bottles, HDPE plastic starts to immediately degrade the product inside because it doesn't provide a protective barrier to oxygen or moisture. Studies show high concentrations of chemicals that have migrated from HDPE bottles to the product inside compared to PETE and glass bottles.

TESTIMONIALS

Please send us your testimonial if you like this product.

This general information is provided for educational and interest purposes only and in no way should be interpreted to be diagnosing, advising, or recommending treatment for any illness or health condition nor should it be substituted for proper medical advice or care. The content is “as is” with no representations or warranties, expressed or implied. Always consult a qualified health care professional. Do not disregard, delay, or discontinue medical treatment based on information contained herein.