

AMINOLASE CLINICAL DATA

ENZYME	PUBLICATION	SUBJECTS	INTERVENTION	DURATION	ENDPOINTS	RESULTS
Aminolase	Deaton et al 2012	6	500mg with 50g whey protein	2 days	Serum amino acid levels	Aminolase effectively broke the protein down and improved serum amino acid levels vs whey protein taken without Aminolase. It also reduced exposure to whey peptides that are known to cause discomfort.
Aminolase	Deaton et al 2015	20	250mg with 25g whey protein	4 hours	Serum amino acid levels and C-reactive Protein	Aminolase effectively broke the protein down and improved serum amino acid levels vs whey protein taken without Aminolase. It also reduced CrP which is a common indicator of inflammation. Further testing is recommended to determine if the CrP results have further clinical significance.
Proteases	Bufod et al 2009	29	not specified	24 days	Strength, leukocyte activity, and inflammation after exertion	Testing demonstrated that protease supplementation attenuated muscle strength losses after exercise by regulating leukocyte activity and inflammation.
Proteases	Miller et al 2004	20	325mg tablets 4x daily	4 days	Muscle recovery after exercise	Testing demonstrated that protease supplementation attenuated muscle injury from intense exercise and may facilitate muscle healing. The experimental group experienced diminished effects of delayed-onset muscle soreness vs placebo.
Aminolase	n/a	in vitro	n/a	90 minutes	Whey hydrolysis vs pancreatin with bile salts	Aminolase was tested using physiological conditions of the small intestine. Aminolase broke whey protein down into nearly 100% bio-usable amino acids vs under 10% for pancreatin alone.
Aminolase	n/a	in vitro	n/a	90 minutes	Whey hydrolysis vs pancreatin	Aminolase was tested using physiological conditions of the small intestine. Aminolase broke whey protein down into nearly 100% bio-usable amino acids vs under 65% for pancreatin alone.
Aminolase	n/a	in vitro	n/a	n/a	Protein discomfort peptides	Aminolase was tested using physiological conditions of the small intestine. Aminolase broke whey protein down thereby eliminating any all discomfort peptides, whereas pancreatin and a third digestive aid resulted in greater than 40% and 90% discomfort peptides present respectively.