

APPLICATIONS

- Supports Protein Digestion
- Supports Prebiotic Intestinal Health
- Inflammatory Support
- Antioxidant Support
- Blood Glucose Support
- Cardiovascular Support
- Respiratory Support



INTRODUCTION

Serrapeptase, also known as serratiopeptidase, is a proteolytic enzyme or protease isolated from the silkworm (*Bombyx mori*), which is used by the silkworm to help dissolve its cocoon.¹ It is commonly used for human health support in Europe and Japan.² **Serrapeptase** is a proteolytic enzyme that may help with the digestion of dietary proteins and may also help with clearing normal waste proteins associated with tissue repair.^{*1} Additionally, proteolytic enzymes may help to maintain tissue health by supporting plasmin and contributing healthy inflammatory support.^{*3}

Inulin is a prebiotic, a non-digestible dietary fiber that is fermented by colonic microflora.^{*4} Its scientific name is beta-(2-1)fructan.⁵ It is a fructo-oligosaccharide (FOS) found in roots and tubers that may help to support healthy microbiota, specifically *Lactobacillus spp.* and *Bifidobacteria spp.*^{6,7} Dietary sources of inulin include various fruits and vegetables as well as herbs such as chicory.⁴ Our inulin is sourced from *Helianthus tuberosus*, an edible tuber known as Jerusalem artichoke and a perennial in the Asteraceae/Compositae family.

Serrapeptase may help to digest dietary proteins, facilitating the absorption of their constituent amino acids, and inulin helps support a healthy intestinal microbiome.^{*6,7,8} Together, they work to support digestion, absorption, and overall intestinal health.^{*} This product is a proprietary blend of **serrapeptase** (Peptizyme SP) and **Inulin**. This product is wheat-free, egg-free, and dairy free. It is gluten-free as defined by the U.S. FDA, with less than 20 ppm per S-ELISA testing, and is free from other gluten-containing grains such as barley, oats, rye, and spelt. It is also free of fish, shellfish, tree nuts, and peanuts.

SUPPORTS PROTEIN DIGESTION

Healthy protein digestion and absorption depend on the ability to disassemble dietary proteins into their constituent amino acids. **Serrapeptase** is a proteolytic enzyme that may help to support healthy digestion and absorption of dietary protein.^{*1} **Serrapeptase** may also help to support healthy clearing of normal cellular waste proteins.^{*1}

SUPPORTS PREBIOTIC INTESTINAL HEALTH

Inulin is a dietary fiber that supports digestive health through a variety of mechanisms.^{*} **Inulin** is indigestible, and therefore, not absorbed. Instead, it is fermented in the large intestine, resulting in short-chain fatty acids (SCFs) that support the growth of both *Lactobacillus spp.* and *Bifidobacteria spp.* which help to maintain gastrointestinal health.^{*6,7,8} Short-chain fatty acids may also help to maintain levels of GLP-1 and ghrelin already within the normal range.^{*9} **Inulin** may help to provide a sense of fullness and maintain a healthy caloric intake,⁹ in addition to supporting normal stool consistency and healthy stool regularity.^{*10}

INFLAMMATORY SUPPORT

Serrapeptase may help with healthy inflammatory support.^{11,12,13} It may help to maintain tissue health by supporting plasmin's role in healing,³ and may help to maintain capillary permeability already within the normal range.^{*1} **Serrapeptase** helps to support healthy clearing of normal cellular waste,¹ and may also help to maintain levels of C3, C4, and haptoglobin that are already within the normal range.^{*14} Proteases may help to support physical exercise and exercise recovery.^{*14} **Inulin** may help to maintain the levels of lipopolysaccharides (LPS) and cytokines such as TNF-alpha and IL-6 already within the normal range.^{*16,17} It may also help to maintain NF-kappaB levels already within the normal range.^{*17}

OTHER USES

Antioxidant Support

The tubers of *H. tuberosus* and the **inulin** derived from them may help to contribute antioxidant support in a dose-dependent manner, as quantified by DPPH scavenging assay to determine free-radical scavenging support.^{*18,19} Animal studies have shown that **inulin** may contribute antioxidant support in a dose-dependent manner, with an inverse correlation between **inulin** and malondialdehyde (MDA) levels.^{*19}

Blood Glucose Support

Because **inulin** is a non-digestible carbohydrate, it may support a more healthful post-prandial glycemic response.^{*20,21} It may help to maintain levels of ghrelin and somatostatin already within the normal range, which may in turn support healthier caloric intake and slower gastric emptying.^{*22} **Inulin** may help to maintain both fasting and post-prandial blood glucose already within the normal range, in addition to supporting healthy insulin sensitivity.^{*20,21}

Cardiovascular Support

Inulin is fermented to short-chain fatty acids (SCFs) which may help to support normal fat oxidation.^{*23} **Inulin** may help to maintain levels of LDL and HDL already within the normal range.^{*24} According to a meta-analysis of randomized, controlled trials, it may also help to maintain levels of triacylglycerols already within the normal range.^{*25}

Respiratory Support

Because of its proteolytic functions, **serrapeptase** may help to maintain normal sputum viscosity.^{26,27} It may also help to support and maintain healthy tissue of the ears, nose, and throat.¹⁴

SAFETY AND CAUTIONS

Serrapeptase is generally well tolerated, and has been used in clinical trials for up to four weeks.²⁶ While nausea, epigastric pain, and gastrointestinal discomfort have been reported, rates were similar to those with the placebo.¹⁴ **Serrapeptase** may have fibrinolytic properties and should not be taken with anticoagulant or antiplatelet medications as it may increase the risk of bleeding.¹⁴ For the same reasons, caution should be used in those with bleeding disorders. Due to the potential of perioperative bleeding, **serrapeptase** should be avoided for at least two weeks prior to elective surgical procedures.²

Inulin is generally recognized as safe (GRAS) in the U.S. and is usually well tolerated.²⁸ Doses up to 20 g/day have been used for up to three weeks without significant negative effects.³¹ Side effects may include diarrhea, constipation, bloating, and flatulence, which are more significant in doses over 30 grams.²⁹ One serving of **serrapeptase** (two capsules) includes less than one gram of **inulin**. As **inulin** may help to support healthy blood glucose levels already within the normal range, theoretically, it may have additive effects with hypoglycemic medications.^{*20,21}

Safety not documented in breastfeeding or pregnant women, or in children under 3 years of age due to insufficient safety research.

*** This statement has not been evaluated by the Food and Drug Administration. This product is not intended to treat, cure, or prevent any diseases.**

NutraMedix 

SUGGESTED USE: Take one to two capsules one to three times daily (at least 30 min. before meals) with a full glass of water or as directed by your physician. Do not exceed recommended dosage. Do not use if taking blood platelet inhibitors such as Ticlid, Plavix, Coumadin or similar prescription medications. Do not use if pregnant or nursing. Stop use if adverse reactions develop. Keep out of reach of children.

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

*Serrapeptase is from *Serraspiza*® SP 18, a registered trademark of Specialty Protein & Biochemistry Co., Ohio, USA.

SERRAPEPTASE WITH INULIN

SUPPORTS JOINT HEALTH, PREBIOTIC INTESTINAL HEALTH, AND PROTEIN DIGESTION†

Dietary Supplement
120 Vegetable Capsules

Supplement Facts

Amount Per Serving	% Daily Value
Proprietary Blend Inulin (from Jerusalem artichoke) and Serrapeptase**	1000 mg*

*Daily Value (DV) not established.

Other Ingredients: Vegetable Capsule, Vegetable Magnesium Stearate

GLUTEN, SUGAR & DAIRY FREE

NutraMedix 

Jupiter, Florida 33458 USA
www.nutramedix.com
561-745-2917

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Lot # Exp.

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