

Clinical trial shows Wobenzym® has a significant effect on exercise-induced fatigue, muscle soreness and damage in endurance athletes

Study confirms substantial and significant effects of Wobenzym® in attenuating exercise-induced muscle damage and delayed onset muscle soreness in endurance athletes

Pittsburgh, PA, March 13, 2017 – A new study published today in [BMJ Open Sport & Exercise Medicine](#) shows promising results for Wobenzym®, a form of systemic enzyme therapy (SET), in mediating muscle fatigue, reducing soreness, and attenuating potential muscle damage in endurance athletes. Researchers at The Sports School at Fuerstenfeldbruck-Puch Germany conducted the trial, using Wobenzym plus contributed by Mucos Pharma, a subsidiary of Atrium Innovations.

Exercise-induced muscle damage (EIMD) and its most common symptom, delayed onset muscle soreness (DOMS), can impact an athlete's training frequency and performance. This trial investigated the effects of SET before and after exhaustive eccentric exercise on functional and biochemical parameters of EIMD and DOMS in male sportsmen with medium performance level.

Researchers at The Sports School at Fuerstenfeldbruck-Puch Germany administered Wobenzym in a randomized, placebo-controlled trial to male athletes aged 20-50 in order to examine the effects of SET on fatigue, muscle soreness and damage, as well as on immunological and metabolic biomarkers. Using Wobenzym before and after exhaustive eccentric exercise helped maintain strength and reduce pain in less resistance-trained, endurance athletes while showing significant favorable effects in inflammatory, metabolic and immune biomarkers in all subjects.

These positive results may be due in part to Wobenzym's role in mediating the body's natural inflammatory processes. Wobenzym may affect EIMD and DOMS by balancing the inflammatory response to stress and damage incurred by exercise.

"This study confirms there is a substantial and significant effect of SET on fatigue, muscle soreness and damage, as well as immunological and metabolic markers," explained Tobias Marzin, lead researcher. "The use of Wobenzym in this trial showed a significant reduction in inflammatory biomarkers training across all levels, indicating that SET supports normal inflammatory processes for muscle recovery and may be an alternative for clinicians in the treatment of muscle fatigue and soreness."

Mucos Pharma GmbH & Co. KG contributed Wobenzym® for use in this study.

For more information, [view the full study](#).

About Mucos Pharma

MUCOS Pharma, headquartered in Berlin, has an extensive history in Systemic Enzyme Therapy spanning over 50 years. Mucos offers the Wobenzym® product range throughout Europe, Asia and the Americas and is globally recognized in the joint health market. Wobenzym products, in addition to their rich clinical history, are well-known within the medical community for numerous benefits in the health of joints, muscles, and tendons. MUCOS Pharma prides itself on bringing high quality systemic enzyme products to patients and practitioners worldwide.

About Atrium Innovations

[Atrium Innovations Inc.](#) is a globally recognized leader in the development, manufacturing and commercialization of innovative, science-based, natural health products that are distributed in more than 35 countries. The company owns healthcare practitioner and specialized retail product brands that are at the forefront of science, innovation and education. Atrium has over 1,300 employees and operates seven manufacturing facilities, all of which comply with Current Good Manufacturing Practices. The family of Atrium Innovations brands includes Pure Encapsulations, Garden of Life, Wobenzym®, Genestra Brands, Douglas Laboratories and Klean Athlete.

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