

SYSTEMIC ENZYME | SUPPORT PROTOCOL[†]

[Developed by Joseph J. Collins, N.D., R.N.]^{††}

Protocol Objectives:

This protocol aims to identify typical indications of use and recommend dosing of systemic enzyme support to guide healthcare practitioners. Wobenzym[®] systemic enzyme products are supported by over 200 clinical trials and a history of 50 years of safe and effective use. Based on clinical studies and on practitioner experience, Wobenzym[®] has been successfully utilized to support a variety of clinical objectives throughout its history.[†]

Formulation	Label Dose	Optional Loading Dose ^{**}	Attributes [†]
Wobenzym [®] PS	3 tablets, twice daily	12 tablets daily	Higher potency / Acute use
Wobenzym [®] Plus	2 tablets, twice daily	8 tablets daily	Convenient dose / Active lifestyle
Wobenzym [®] N	3 tablets, twice daily	12-15 tablets daily	General wellness / Broad-spectrum long-term use

All Wobenzym[®] formulations should be taken at least 45 minutes before meals with water.

^{**}Optional loading dose is based on international literature and clinical experience; intended for use under the supervision of a healthcare practitioner.

Clinical Objective [†]	Support Functions [†]	Formulation(s)	References
Joint Health	<ul style="list-style-type: none"> Supports healthy joints, mobility, and flexibility Provides temporary relief of everyday aches, pains, and muscle soreness Speeds recovery following exertion 	Wobenzym[®] PS Wobenzym[®] Plus Wobenzym[®] N	1, 2, 3, 4, 5, 6, 7, 8, 9
Post-Surgical Support	<ul style="list-style-type: none"> Provides post-surgical comfort and recovery Relieves minor swelling Promotes range of motion following surgery 	Wobenzym[®] PS Wobenzym[®] Plus	10, 11, 12
Post-Injury Support	<ul style="list-style-type: none"> Promotes flexibility and range of motion following mild injury Speeds recovery following mild injury 	Wobenzym[®] PS Wobenzym[®] Plus	4, 13, 14
Cardiometabolic and Vascular Health	<ul style="list-style-type: none"> Promotes healthy fibrolytic and platelet activity Helps maintain healthy glucose metabolism Supports healthy cardiometabolic biomarkers 	Wobenzym[®] PS Wobenzym[®] Plus	15, 16, 17
Gynecological Health	<ul style="list-style-type: none"> Maintains gynecological comfort and health of gynecological tissues Promotes genitourinary health Supports reproductive health 	Wobenzym[®] N	18, 19
Breast Health	<ul style="list-style-type: none"> Supports healthy breast tissue Helps maintain breast comfort 	Wobenzym[®] N	20, 21
Lymphatic Health	<ul style="list-style-type: none"> Promotes lymphatic drainage Supports healthy tissue fluid levels 	Wobenzym[®] N	22
Thyroid Health	<ul style="list-style-type: none"> Supports tissue function Maintains thyroid tissue health 	Wobenzym[®] N	23
Urinary Tract Health	<ul style="list-style-type: none"> Supports urinary tract comfort and function Helps maintain healthy urinary tract environment 	Wobenzym[®] N	24, 25

^{††}Dr. Collins has been retained as a consultant in advising Douglas Laboratories.

Please note that the patient does not require all supplements listed.

This protocol is intended for use by healthcare practitioners, is for informational purposes only, and does not establish a doctor-patient relationship. Please be sure to consult your physician before taking this or any other product. Consult your physician for any health problems.

Available for download at www.douglaslabs.com/SystemicEnzymeSupportProtocol



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[†]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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