

SYSTEMIC ENZYME

Developed with Joseph J. Collins, R.N., N.D.*

Protocol Objective:

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.‡

CLINICAL OBJECTIVE‡	SUPPORT FUNCTIONS‡	PRODUCT RECOMMENDATIONS*	REFERENCES
Joint Health	Supports healthy joints, mobility, and flexibility Provides temporary relief of everyday aches, pains, and muscle soreness Speeds recovery following exertion	Wobenzym® PS Formula: 200870 Wobenzym® Plus Formula: 201910 Wobenzym® N Formula: 201213	1, 2, 3, 4, 5, 6, 7, 8, 9
Post-Surgical Support	Provides post-surgical comfort and recovery Relieves minor swelling Promotes range of motion following surgery	Wobenzym® PS Formula: 200870 Wobenzym® Plus Formula: 201910	10, 11, 12
Post-Injury Support	Promotes flexibility and range of motion following mild injury Speeds recovery following mild injury	Wobenzym® PS Formula: 200870 Wobenzym® Plus Formula: 201910	4, 13, 14
Cardiometabolic and Vascular Health	Promotes healthy fibrolytic and platelet activity Helps maintain healthy glucose metabolism Supports healthy cardiometabolic biomarkers	Wobenzym® PS Formula: 200870 Wobenzym® Plus Formula: 201910	15, 16, 17
Gynecological Health	Maintains gynecological comfort and health of gynecological tissues Promotes genitourinary health Supports reproductive health	Wobenzym® N Formula: 201213	18, 19
Breast Health	Supports healthy breast tissue Helps maintain breast comfort	Wobenzym® N Formula: 201213	20, 21
Lymphatic Health	Promotes lymphatic drainage Supports healthy tissue fluid levels	Wobenzym® N Formula: 201213	22
Thyroid Health	Supports tissue function Maintains thyroid tissue health	Wobenzym® N Formula: 201213	23
Urinary Tract Health	Supports urinary tract comfort and function Helps maintain healthy urinary tract environment	Wobenzym® N Formula: 201213	24, 25
Immune Health	Promotes a healthy immune response with NK cell, T-cell, and mast cell function Helps to balance cytokines, particularly IL-6, Th1 and Th2 Supports respiratory health	Wobenzym® PS Formula: 200870 Wobenzym® Plus Formula: 201910 Wobenzym® N Formula: 201213	26, 27, 28, 29

*Dr. Collins was a retained advisor to Douglas Laboratories.

*Please note that patients may not require all supplements listed.

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

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.

References:

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**Optional loading dose is based on international literature and clinical experience; intended for use under the supervision of a healthcare practitioner. The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.