

[ 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<sup>®</sup> 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<sup>®</sup> has been successfully utilized to support a variety of clinical objectives throughout its history.<sup>†</sup>

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

All Wobenzym<sup>®</sup> formulations should be taken at least 45 minutes before meals with water.

<sup>\*\*\*</sup>Optional loading dose is based on international literature and clinical experience; intended for use under the supervision of a healthcare practitioner.

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

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](http://www.douglaslabs.com/SystemicEnzymeSupportProtocol)

**References:**

- 1 Marzin T, Lorkowski G, Reule C, et al. *BMJ Open Sport & Exercise Medicine* 2017;2:e000191.
- 2 Ueberall MA, Mueller-Schwefe GH, Wigand R, et al. *Journal of Pain Research* 2016;9:941-961.
- 3 Bolten WW, Glade MJ, Raum S, et al. *Arthritis* 2015;doi:10.1155/2015/251521.
- 4 Kleine MW. *Journal of Clinical Research* 1998;1:87-102.
- 5 Baumuller M. *Allgemeinmedizin* 1990;19(4):178-182.
- 6 Leipner J, Iten F, Saller R. *BioDrugs* 2001;15(12):779-789.
- 7 Akhtar N, Naseer R, Farooqi A, Aziz W, Nazir M. *Clinical Rheumatology* 2004;23:410-5.
- 8 Klein G, Kullich W. *Clinical Drug Investigations* 2000;19:15-23.
- 9 Szczurko O, Cooley K, Mills EJ, Zhou Q, Perri D, Seely D. *Arthritis & Rheumatology* 2009;61(8):1037-1045.
- 10 Kameníček V, Holaň P, Franěk P. *Acta chirurgiae orthopaedicae et traumatologiae Cechoslovaca* 2001;Ch-7.
- 11 Vinzenz K. *Ödembehandlung bei zahnchirurgischen Eingriffen mit hydrolytischen Enzymen. Chirurgische Zahnheilkunde* 1991;7:1053-1064.
- 12 Rahn HD. *Praktische Sport-Traumatologie und Sportmedizin* 1994;10(1):22-27.
- 13 Baumuller M. *Allgemeinmedizin* 1990;19(4):178-182.
- 14 Rahn HD. *Deutsche Zeitschrift für Sportmedizin* 1995;9:426-431.
- 15 Mazurov VI, Stolov SV, Linetskaya NE, Onyschenko EF. *International Journal of Immunotherapy* 2001;17(2/3/4):113-120.
- 16 Paradis M-E, Couture P, Gigeux I, et al. *Pharma Nutrition* 2015;3(3):85-88.
- 17 Koshkin VM, Kirienko AI, Leontjev SG, et al. *Angiology and Vascular Surgery* 2000;6(2):61-64.
- 18 Friedrich, F. *Der Allgemeinarzt* 1993;17:1061-1064.
- 19 Ivaniyta LI, Ivaniyta SO, Kornatskaya AG, et al. *Farmatsevtichnii Zhurnal (Kiev)* 1998;2:89-92.
- 20 Dittmar FW, Luh W. *International J. of Experimental and Clinical Chemotherapy* 1993;6(1):9-20.
- 21 Rammer E, Friedrich F. *Wiener klinische Wochenschrift* 1996;108(6):180-3.
- 22 Dzapina A, Morvay P, Dzapinova M. *Lymfo* 2000;13-14.
- 23 Kvantchakhadze RG. *International Journal on Immunorehabilitation* 2002;4(1):114.
- 24 Sukhikh GT, Loginova NS, Faizullini LZ, et al. *International Journal of Immunotherapy* 1997;13:131-133.
- 25 Schlüter P, Stauder G. *TW Urologie Nephrologie* 1996;8:276-279.
- 26 Lorkowski G. *Int J Physiol Pathophysiol Pharmacol* 2012;4(1):10-27.