



bromelain 1000

1000 GDU

for Digestion & Inflammation Support

These pineapple derived enzymes can digest up to 700 - 900 times their weight in fat!

Enzymes are the spark of life. These minute particles, actually energized protein molecules, are found in every cell in the body. Enzymes are responsible for the normal healthy function of all bodily processes. They bring about the necessary chemical changes in food which can then build the human body. Physical energy, mental energy, the proper functioning of vital organs and the healing and health-restoring processes all depend on adequate supplies of enzymes. Without enzymes, you would starve to death even if you had plenty to eat because your body would not be able to convert foods into energy.

On the other hand, many people are struggling with excess weight and obesity. These conditions can also be major health problems. Heart disease, diabetes, hypertension and respiratory problems are all symptoms of an overweight society.

Our modern sedentary lives, stressful jobs and access to a large variety and quantity of food our ancestors never enjoyed have resulted in an overweight population. It's very easy, especially as you age, to put on those extra pounds, but not so easy to take them off. Perhaps until now.

Bromelain "Digests" Fat Cells

European nutrition researchers have discovered the amazing slimming properties of bromelain, an enzyme found in pineapples. Since enzymes are what your body uses to break down and digest foods, researchers discovered that bromelain seems to have an insatiable appetite in a fatty environment. In fact, bromelain possesses an incomparable ability to potentially "consume" and "digest" up to 900 times its own weight in

fat. One gram of bromelain could eat almost two pounds of fat, according to researcher Dr. Mathieu.

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"Taken with meals," explains Dr. Mathieu "it works round the clock to help you lose weight. The results are impressive. You will see the difference in the mirror the first week." Bromelain is reputed to immediately zero in on flab, no matter where it is. It doesn't matter whether the excess weight is only in a few spots or throughout the body.

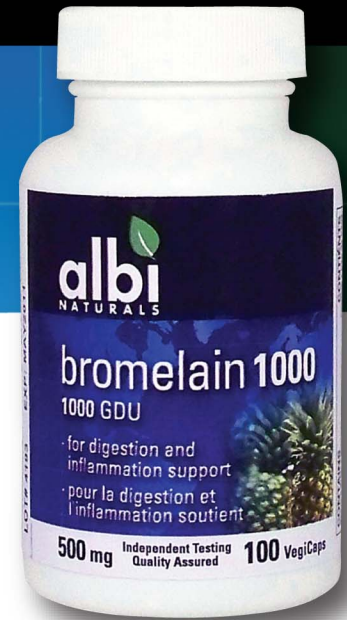
Researchers explain that bromelain impacts on weight loss because of improved digestion. Appetite is satiated because more nutrients are released from foods. Without enzymes, foods are not properly broken down.

Dr. Mathieu recommends taking 500mg of bromelain at least twice a day with meals. It is important that bromelain should always be taken with food. Bromelain 1000 contain 1000 GDU's (Gelatin Digestive Units) per gram. This number indicates bromelain's biological activity which breaks down fat.

Doctors stress the importance of taking bromelain pills only with meals. To speed the weight-loss process, you should limit your intake of high-fat and high-calorie foods.

Added Benefits of Bromelain

Research has shown that as the body grows older, it's ability to produce enzymes decreases. At the same time, mal-absorption of nutrients, tissue breakdown, and chronic health conditions increase. Many health professionals now encourage patients to supplement their daily diet with enzymes. In addition to aiding



digestion, the proteolytic enzymes found in bromelain have shown to be beneficial as anti-inflammatory agents.

There is an added bonus with bromelain. Studies by an U.S. government-sponsored nutritional research task force at the University of Hawaii in Honolulu have shown that the miracle enzyme also helps dissolve deadly blood clots that block arteries and cause heart attacks and strokes. It can even prevent them from forming.

Weight Loss Tips

To help speed the weight loss process, you should limit your intake of high fat and high calorie foods. Regular exercise rest and a healthy lifestyle are also essential to attaining and maintaining optimum health.

Always remember to consult with a health care professional before embarking on any weight loss program. These pineapple derived enzymes can digest up to 700 - 900 times their weight in fat!

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