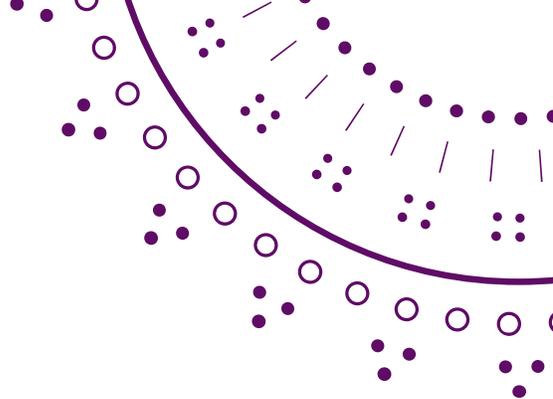


# *Serrapeptase*

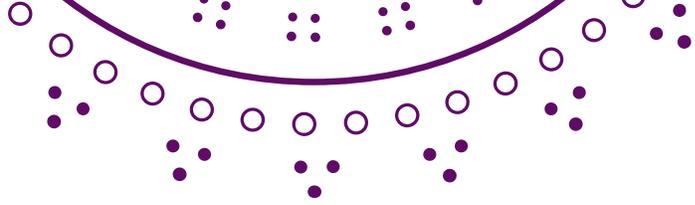


Serrapeptase is a proteolytic enzyme the silkworm uses to dissolve its cocoon when the moth is ready to emerge. Also called serratiopeptidase, this powerful enzyme has the ability to control the body's inflammatory response. It was originally used for pain and inflammation in rheumatoid arthritis and ulcerative colitis it is now used for a wide range of medicinal reasons.

One of the main reasons it is used today is to manage pain in chronic inflammatory conditions. It's normal for people with these conditions to use NSAIDS (non steroidal anti inflammatories) but these drugs come with a long list of side effects when used long term (GI bleed is no bueno, right?). It is even the preferred anti-inflammatory and pain treatment option in some European countries.

Serrapeptase actually works in several ways to combat pain: It decreases the amount of inflammatory markers the body produces, and it helps immune cells decrease inflammation at its source. Serrapeptase has a high affinity for COX-1 and COX-2, which are enzymes that increase inflammatory markers (and therefore pain). In addition, it helps immune cells get to inflamed cells and damaged tissues so they can be repaired. Serrapeptase has been shown to help kill bacteria, promote wound healing, treat sinusitis and bronchitis, treat bone/join swelling, and fight autoimmune diseases.

While there are no studies or trials done using serrapeptase specifically for endometriosis, there is a lot of anecdotal evidence that it works. The claims that serrapeptase can break down fibrin in blood clots has, again, only been talked about anecdotally and there has yet to be research that substantiated these claims. However, there are physicians out there who use it and know it has a powerful anti-inflammatory effect in many instances.



For endometriosis and fibroids, it is said to help with excess fibrin, excess tissue, scar tissue, cysts, and inflammation. Women who have used it for their endometriosis or fibroids report that it does have a positive effect on their symptoms. This enzyme also has anecdotal reports that it works with blocked tubes from scar tissue, and may eventually be one of the preferred 'natural' treatments for this.

### **Dose:**

Since this is an enzyme it needs to be measured in enzyme activity, which is notated as “activity units”, or in this case, “serrapeptase units”. Using activity units, the dose would be 20,000 to 60,000 units per day (or in mg that’s around 10mg-60mg per day).

Doses range widely for this supplement (you'll see some that go up to 250,000units).

### **How to take:**

Take on an empty stomach 1 hour before eating or 2 hours after eating. Since stomach acid disintegrates this enzyme, it’s important to get an enteric coated capsule.

### **Cautions and Concerns:**

Using this may lead to GI upset and/or skin rash, and can increase the risk for bleeding. Do not take if you’re taking blood thinning medications unless directed by your doctor. Use with caution when taking fish oil supplements and stop if you notice easy bruising. It may also increase risk for infection.