



# Pineapple

What is special about Pineapple? It comes from a truly wonderful healthy fruit!

See our [blog about Pineapple](#):

<http://nutritionpureandsimple.blogspot.com/2014/02/pineapple.html>

Pineapple Extract (Bromelain) has a long history of effective use for traumatic and post surgical swelling and inflammation. It also helps to control the pain and swelling of arthritis. It stimulates fibrinolysis and has excellent anti inflammatory properties. At one time Bromelain was a prescription drug used as an anti inflammatory.

## HOW BROMELAIN WORKS:

Bromelain (Pineapple) is an enzyme that hydrolyzes protein. While it is effective as a digestive enzyme, studies have shown that these kinds of enzymes are absorbed from the digestive tract intact when taken away from food. This is the basis for "Enzyme Therapy".

The mechanism of action is as follows: Bromelain will selectively inhibit inflammatory prostaglandins. It will break down and remove fibrin barriers which clog vessels and pores during the inflammatory process. The removal of fibrin mesh in an inflamed area increases capillary permeability and allows fluid to flow back from the swollen tissues into the vessels. These enzymes also remove dead and damaged tissue. All of this reduces pain and promotes tissue repair and recovery. These enzymes slow the formation of antigen-antibody immune complexes and enhance their breakdown and clearance. They activate both natural killer cells and macrophages. They are potent mucolytic agents.

## USE PINEAPPLE FOR IT'S BROMELAIN!

Taken ½ hour before or 2 hours after eating, **Pineapple** has been found to be useful in any type of condition related to inflammation, such as blunt trauma, strains and sprains, tendinitis, arthritis, edema of inflammatory origin and infection. It has also been used to enhance the absorption of some antibiotics. It has been helpful in many conditions such as dysmenorrhea, cancer, post radiotherapy inflammation, thrombophlebitis, wound healing, bronchitis, sinusitis, cystitis and prostatitis. One can further modulate the inflammatory response with essential fatty acids such as **Ultra Omega-Linic** (see my protocol on Inflammation).



Bromelain can refer to one of two protease enzymes extracted from the plant family Bromeliaceae, or it can refer to a combination of those enzymes along with other compounds produced in an extract.

Bromelain is also used to treat traumatic or post-surgical swelling; Commission E approves the use of bromelain to quell surgical swelling, particularly nasal sinus swelling. This approval, however, has been questioned by some scientists, who note that the Commission E's assessment involved five studies, three positive and two negative, leading to an equivocal proof of efficacy. (Schulz et al., 1998).

In pharmacological tests, bromelain inhibits platelet aggregation, which explains, at least partially, its anti-inflammatory activity (Taussig and Batkin, 1988). Bromelain may also therapeutically influence fibrinolysis, tumor growth, drug absorption, blood coagulation and the debridement of third-degree burns (Taussig and Batkin, 1988). Another study demonstrated intestinal and antibacterial effects beneficial in the treatment of diarrhea. (Mynott et al., 1997).

By John W Jones, MD, MPH  
Nutritional Consultant for Nutrition Pure and Simple  
[www.ijconsulting.net](http://www.ijconsulting.net)

**Supplement Facts:** Serving Size: 1 Capsule, Servings per Container: 100

Each capsule contains 200 mg Ananassa sativa fruit extract 12:1 (Equivalent to 2400 mg whole fruit)

Other Ingredients: Microcrystalling cellulose, Magnesium stearate, Gelatin.

Suggested Use: One capsule 3 times per day or as directed by a health professional.

*Highest quality HPLC analyzed herbal extracts.*

How Pineapple (Bromelain) is Supplied:  
VMPP            bottles of 100 capsules



Phone: 888.953.5553  
[www.nutritionpureandsimple.com](http://www.nutritionpureandsimple.com)

*These statements have not been evaluated by the Food and Drug Administration  
Products are not intended to diagnose, treat, cure, or prevent any disease*