

Serrapeptase

Applications

- Protein Digestion
- Prebiotic Intestinal Health
- Healthy Inflammatory Response Support
- Antioxidant Support
- Blood Glucose Support
- Cardiovascular Support
- Respiratory Support



Introduction

NutraMedix Serrapeptase is a proprietary blend of **serrapeptase** (Peptizyme SP) and **inulin**. Each capsule contains 10,000 serratiopeptidase units (SPUs). NutraMedix Serrapeptase may help support joint health, prebiotic intestinal health, and protein digestion.¹

Serrapeptase, also known as serratiopeptidase, is a proteolytic enzyme or protease isolated from the silkworm (*Bombyx mori*), which is used by the silkworm to help dissolve its cocoon.¹ It is commonly used for human health support in Europe and Japan.² Serrapeptase is a proteolytic enzyme that may help with the digestion of dietary proteins, and may also help with clearing normal waste proteins associated with tissue repair.¹ Proteolytic enzymes may also help maintain tissue health by supporting plasmin and contributing healthy inflammatory response support.³

Inulin is a prebiotic—a non-digestible dietary fiber that is fermented by colonic microflora.⁴ Its scientific name is beta(2-1)fructans.⁵ It is a fructo-oligosaccharide (FOS) found in roots and tubers that may help support healthy microbiota, specifically *Lactobacillus* spp. and *Bifidobacteria* spp.^{6,7} Dietary sources of inulin include various fruits and vegetables, as well as herbs such as chicory.⁴ Our inulin is sourced from *Helianthus tuberosus*, an edible tuber known as Jerusalem artichoke and a perennial in the Asteraceae family.

Serrapeptase may help digest dietary proteins, facilitating the absorption of their constituent amino acids, and **inulin** helps support a healthy intestinal microbiome.⁶⁻⁸ Together, they work to support digestion, absorption, and overall intestinal health.¹

NutraMedix Serrapeptase is free of gluten, dairy, and soy. It is gluten-free as defined by the U.S. FDA, with less than 20 ppm per S-ELISA testing, and is free from other gluten-containing grains such as barley, oats, rye, and spelt. It is also free of fish, shellfish, tree nuts, and peanuts. NutraMedix rigorously follows current good manufacturing practices (cGMP), as do our suppliers, including stringent ID testing, microbial testing, and heavy metal testing. This testing is conducted on both the raw material and after encapsulation.

Supports Protein Digestion

Serrapeptase supports protein digestion.¹ Healthy protein digestion and absorption depend on the ability to disassemble dietary proteins into their constituent amino acids. Serrapeptase is a proteolytic enzyme that helps to support healthy digestion and absorption of dietary protein.¹ Serrapeptase may also help support healthy clearing of normal cellular waste proteins.¹

Supports Prebiotic Intestinal Health

Inulin is a dietary fiber that supports digestive health through a variety of mechanisms. Inulin is indigestible, and therefore, not absorbed. Instead, it is fermented in the large intestine, resulting in short-chain fatty acids (SCFs) that support the growth of both *Lactobacillus* spp. and *Bifidobacteria* spp. which help maintain gastrointestinal health.⁶⁻⁸ Short-chain fatty acids may also help maintain normal levels of GLP-1 and ghrelin already within the normal range.⁹ Inulin may help provide a sense of fullness and maintain a healthy caloric intake,⁹ in addition to supporting normal stool consistency and healthy stool regularity.¹⁰

Healthy Inflammatory Response Support

Serrapeptase may help with inflammatory support.¹¹⁻¹³ It may help maintain tissue health by supporting plasmin's role in healing,³ and may help maintain capillary permeability already within the normal range.¹ Serrapeptase helps to support healthy clearing of normal cellular waste,¹ and may also help maintain levels of C3, C4, and haptoglobin that are already within the normal range.¹⁴ Proteases may help support physical exercise and exercise recovery.¹⁵ Inulin may help maintain the levels of lipopolysaccharides (LPS) and cytokines such as high-sensitivity C-reactive protein (hsCRP), TNF-alpha, and IL-6 already within the normal range.^{16,17} It may also help maintain NF-kappaB levels already within the normal range.¹⁷

Other Support

Antioxidant Support

Inulin may help with antioxidant support. The tubers of *H. tuberosus* and the inulin derived from them may help contribute antioxidant support in a dose-dependent manner, as quantified by DPPH scavenging assay to determine free-radical scavenging capacity.^{18,19} Animal studies have shown that inulin may contribute antioxidant capacity in a dose-dependent manner, with an inverse correlation between inulin and malondialdehyde (MDA) levels.¹⁹

Blood Glucose Support

Inulin is a non-digestible carbohydrate and may, therefore, support a healthy post-prandial glycemic response.^{20,21} It may help maintain levels of ghrelin and somatostatin already within the normal range, which may, in turn, support healthier caloric intake and slower gastric emptying.²² Inulin may help maintain both fasting and post-prandial blood glucose levels, in addition to supporting healthy insulin sensitivity, already within the normal range.^{20,21}

Cardiovascular Support

Inulin is fermented to short-chain fatty acids (SCFs) which may help support normal fat oxidation.²³ Inulin may help maintain levels of LDL and HDL already within the normal range.²⁴ According to a meta-analysis of randomized, controlled trials, it may also help maintain levels of triacylglycerols already within the normal range.²⁵

Respiratory Support

Serrapeptase may help maintain normal sputum viscosity, because of its proteolytic function.^{26,27} It may also help support and maintain healthy tissue of the ears, nose, and throat.¹⁴

Safety and Cautions

Serrapeptase is generally well tolerated, and has been used in clinical trials for up to four weeks.² Gastrointestinal effects such as nausea, epigastric pain, and gastrointestinal discomfort are possible.² Serrapeptase may have fibrinolytic properties and should not be taken with anticoagulant or antiplatelet medications as it may increase the risk of bleeding.² For the same reasons, caution should be used in those with bleeding disorders.² Due to the potential of perioperative bleeding, serrapeptase should be avoided for at least two weeks prior to elective surgical procedures.²

Inulin is generally recognized as safe (GRAS) in the U.S. and is generally well tolerated.²⁸ Doses up to 20 g/day have been used for up to three weeks without significant negative effects.²⁸ Side effects may include diarrhea, constipation, bloating, and flatulence, which are more significant in higher doses over 30 grams.²⁸ One serving of serrapeptase (two capsules) includes less than one gram of inulin. As inulin may help support healthy blood glucose levels already within the

normal range, theoretically, it may have additive effects with hypoglycemic medications.²⁸

Safety is not documented in breastfeeding or pregnant women, or in children under age 3, due to insufficient safety research.

References

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*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to treat, cure, or prevent any diseases.

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NutraMedix 

SERRAPEPTASE
WITH INULIN
SUPPORTS JOINT HEALTH,
PREBIOTIC INTESTINAL HEALTH,
AND PROTEIN DIGESTION †

Dietary Supplement
60 Vegetable Capsules

Supplement Facts
Serving Size 2 Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value
Proprietary Blend	1000 mg*
Inulin (from Jerusalem artichoke) and Serrapeptase**	

*Daily Value (DV) not established
Other ingredients: Vegetable Capsule, Vegetable Magnesium Stearate
GLUTEN, SOY & DAIRY FREE

NutraMedix 
Jupiter, Florida 33458 USA
www.nutramedix.com
561-745-2917

SUGGESTED USE: Take one to two capsules one to two times daily (at least 30 min. before meals) with a full glass of water or as directed by your physician. Do not exceed recommended dosage. Do not use if taking blood platelet inhibitors such as Ticlid, Plavix, Coumadin or similar prescription medications. Do not use if pregnant or nursing. Stop use if adverse reactions develop. Keep out of reach of children.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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SOY FREE **DAIRY FREE** **GLUTEN FREE**

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