

Serrapeptase

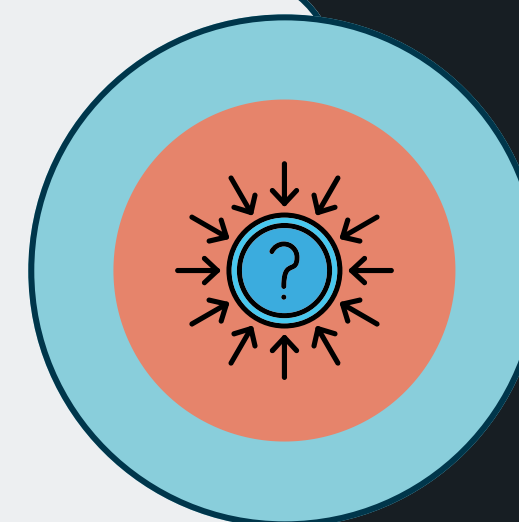


1. What is Serrapeptase

Serrapeptase is a proteolytic enzyme derived from the bacteria *Serratia marcescens*. It has anti-inflammatory properties and is commonly used as a dietary supplement.

2. Conditions of Use

Serrapeptase is often used to support healthy inflammatory responses in the body, reduce pain and swelling, and promote mucus clearance. It's sometimes used for conditions such as sinusitis, arthritis, sports injuries, and inflammatory bowel disease (IBD) and fibroids.



3. Contraindications

It may interact with certain medications, such as blood-thinning drugs, and may not be recommended for individuals with bleeding disorders or those scheduled for surgery.

4. Dosage and How to take Serrapeptase:

- Maintenance Dose: 10-30 milligrams (mg) per day, taken on an empty stomach.
- Therapeutic Dose: Higher doses of 30-120 mg per day may be recommended for specific conditions, but this should be determined by a healthcare professional.
- It's important to note that serrapeptase is typically measured in activity units (SUs), rather than milligrams (mg). For example, a dosage of 60,000 SU is equivalent to approximately 60 mg of serrapeptase



5. Brands I Like:

- [BioAbsorb Nutraceuticals Serrapeptase](#)
- [Doctors Best Serrapeptase](#)

Note: When taken orally, serrapeptase is easily destroyed and deactivated by your stomach acid before it has a chance to reach your intestines to be absorbed. For this reason, dietary supplements containing serrapeptase should be enteric-coated, which prevents them from being dissolved in the stomach and allows for release in the intestine.

