

Anti-inflammatory Properties of Bromelain

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Bromelain is a protein-dissolving enzyme derived from the pineapple plant (*Ananas comosus*). The native peoples of South and Central America have a long tradition of using pineapple as a medical plant. Bromelain was first isolated from the pineapple in 1891 and was introduced as a therapeutic supplement in 1957. Bromelain is found in both the stem and the fruit of the pineapple plant, but the stem contains much higher levels and most supplements contain stem bromelain.

A small segment of the population, particularly those with a sensitivity to pineapple, may be sensitive to oral supplementation with bromelain.

There are many scientific citations that document bromelain's anti-inflammatory capabilities. Some of those papers are cited below:

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