

Solutions: Protease vs Rx and OTC

Q U I C K R E F E R E N C E G U I D E

Category	RX/OTC Names	Purpose	Active Ingredient	Inactive Ingredients	Side Effects
Systemic Enzyme Supplement	TPP Protease	Works synergistically with endogenous protease to support healthy immune function, healthy inflammation response, and healthy circulation*	355,017 HUT protease 600,000 PU bromelain 1 capsule = 641 mg	9.6 mg Calcium citrate (0.015% DV)	None known
Systemic Enzyme Supplement	Wobenzyme PS®	For individuals wishing to support healthy joint, immune, and circulatory function	1350 FIP bromelain 300 mg rutin 4320 FIP trypsin (from animal)	microcrystalline cellulose, calcium phosphate, hydroxypropyl cellulose, vegetable stearate, vegetable-based pH resistant enteric coating, silica, natural vanilla flavor and purified water	None known
Steroids, corticosteroid, glucocorticoid	Prednisone® (cortisone, hydrocortisone)	To suppress inflammation and the immune system for treatment of rheumatoid arthritis, lupus, asthma, allergies, etc.	Prednisone - 2.5mg, 5mg, 10mg, 20mg, 50mg	lactose monohydrate, magnesium stearate, microcrystalline cellulose, pregelatinized starch and sodium starch glycolate – in addition, the 1 mg, 2.5 mg, and 5 mg tablets also contain stearic acid – Prednisone Oral Solution contains alcohol, citric acid, disodium edetate, fructose, hydrochloric acid, maltol, peppermint oil, polysorbate 80, propylene glycol, saccharin sodium, sodium benzoate, vanilla flavor, and water	Elevated pressure in the eyes (glaucoma); Fluid retention, causing swelling in lower legs; Increased blood pressure; Mood swings; Weight gain, with fat deposits in abdomen, face, and back of neck; longer term: Clouding of the lens in one or both eyes (cataracts); High blood sugar, which can trigger or worsen diabetes; Increased risk of infections; Thinning bones (osteoporosis) and fractures; Suppressed adrenal gland hormone production; Thin skin, easy bruising, and slower wound healing
NSAIDS / Aspirin	Naproxen (Aleve®), Celecoxib (Celebrex® "COX-2 inhibitor")	Relieve pain and reduce inflammation and fever	Aspirin (acetylsalicylic acid Ibuprophen) Naproxen - sodium 220 mg	Aspirin: carnauba wax, corn starch, hypromellose, powdered cellulose, triacetin; Ibuprophen: carnauba wax, colloidal silicon dioxide, croscarmellose sodium, hypromellose, lactose, magnesium stearate, microcrystalline cellulose, propylene glycol, titanium dioxide; Naproxen: FD&C Blue #2, croscarmellose sodium, macrogol, magnesium stearate, polyvinyl alcohol, povidone, pregelatinized starch, talc, titanium dioxide; Celebrex: croscarmellose sodium, edible inks, gelatin, lactose monohydrate, magnesium stearate, povidone, sodium lauryl sulfate	Stomach problems like bleeding, ulcer and stomach upset; High blood pressure; Fluid retention (causing swelling, such as around the lower legs, feet, ankles and hands); Kidney problems; Heart problems; Black, bloody, or tarry stools; Coughing up blood or vomit that looks like coffee grounds; Severe nausea, vomiting, or stomach pain; Fever lasting longer than 3 days; Rashes
Analgesics	Tylenol®	Pain and fever reducer	Acetaminophen	Caplets: cellulose, corn starch, hypromellose, magnesium stearate, polyethylene glycol, sodium starch glycolate; Tablets: carnauba wax, cellulose, corn starch, FD&C red no. 40, FD&C yellow no. 6, hypromellose, iron oxide black, polyethylene glycol, polysorbate 80, povidone, sodium starch glycolate, stearic acid, sucralose, titanium dioxide	liver damage due to large doses, chronic use, or concomitant use with alcohol or other drugs that also damage the liver; chronic alcohol use may also increase the risk of stomach bleeding
Blood thinners	Plavix®, Coumadin®	Anticoagulant used to prevent heart attacks, strokes, and blood clots in veins and arteries	Warfarin	Tablets: Lactose, starch, magnesium stearate; may also contain FD&C Blue No. 1 Aluminum Lake, FD&C Blue No. 2 Aluminum Lake, FD&C Yellow No. 6 Aluminum Lake, D&C Red No. 6 Barium Lake, D&C Yellow No. 10 Aluminum Lake, and/or FD&C Red No. 40 Aluminum Lake; for intravenous use: Sodium phosphate, dibasic, heptahydrate; Sodium phosphate, monobasic, monohydrate; Sodium chloride; Mannitol	Nausea, vomiting, mild stomach pain; Bloating, gas; Altered sense of taste

For more details on natural options for supporting healthy circulation, please contact Transformation™.* 1-800-777-1474 • TransformationEnzymes.com



*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.