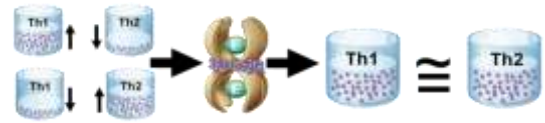


Dosage Guidelines for Wobenzym® N

based on a review of international literature*

by Joseph J Collins, RN, ND



*Wobenzym® in Germany and other countries.

Optimal Dosage: An effective dosage of **3 tablets 2 times a day** is referenced in the literature. Higher dosages may be used if clinically indicated. The preponderance of clinical studies has shown the formulation to be very effective at a dosage of 5 tablets 3 times a day, 7 tablets 3 times a day, and 10 tablets 3 times a day. The tablets should always be taken at least 45 minutes before a meal, with a large glass of water. Children's dosage is based on weight in kg.

Duration: The literature reports treatment time at which clinical improvement is observed. Chronic illnesses, especially those with an autoimmune or immune senescence component, benefit from long term therapy to maintain effective immunomodulation. Supplementation is predominantly 2-6 weeks for acute conditions. Duration of supplementation for chronic conditions may be from 1-2 months, or years as indicated.

Clinical Application: The following table has a sample of conditions treated with the **Wobenzym® N** formulation. The clinical efficacy in treating inflammatory, autoimmune, traumatic, and infectious conditions supports its additional use in a wide range of other clinical conditions. For more indications, see: www.systemicenzymesupport.org.

Behcet's disease	7 tablets 3 times a day for ½ to 1 month ^[1]
Chronic Hepatitis B.	7 tablets 3 times a day for 4 weeks followed by 3-4 tablets three times a day for 20 days as an adjuvant ^[2]
Eczema (atopic dermatitis)	2 tablets 3 times a day for 2 days, then 5 tablets 3 times a day for 1 ½ to 2 months, then 2 tablets 3 times a day long term to decrease risk of relapse, used as an adjuvant. ^[3]
Gout	5 tablets 3 times a day for 1 week, then 4 tablets 3 times a day for 7 days, then 3 tablets 3 times a day for 1 month as adjuvant ^[4]
Hand surgery	7-10 tablets 3 times a day, 7 days before surgery, followed by 12 days postoperatively. ^[5]
Infertility & Chronic Salpingitis	5 tablets 3 times a day for 10 days. ^[6]
Lymphedema	9 tablets a day for 6 weeks ^[8] , or 5 tablets 3 times a day for 6.5 weeks ^[9] , or 3 tablets 3 times a day for 6 weeks as an adjuvant ^{[10],[11]}
Multiple Sclerosis	30 tablets a day as an adjuvant for 19 months ^[12]
myocardial infarction, post MI	9 tablets for 30 days, as post MI adjuvant ^[13]
Pelvic Inflammatory Disease, chronic	5 tablets 3 times a day for 3 weeks ^[14]
Psoriasis	3 tablets 3 times a day (adjuvant) for 30 days ^[15]
Respiratory Tract Infections, recurrent in children	children aged 1 month to 15 years were given 1 tablet of Wobenzym® N per 6 kg body weight, divided into 2-3 sub-doses weight for 6 months ^[16]
Rheumatic Arthritis	10 tablets 3 times a day for 15 days, then 7 tablets 3 times a day - 15 days, followed by 5 tablets 3 times a day - 30 days or longer ^[17] , or 15-30 tablets a day for 6 months ^[18] , or 15 tablets a day for 1 year ^[19] , or 7-10 tablets 3x daily as an adjuvant for 2-4 weeks ^{[20] [21] [22]} , or 30 tablets daily during the first month, then 15 tablets daily for a long-term treatment (years) ^[23]
Sexual Dysfunction	3 to 5 tablets three times a day for 2-3 weeks ^[24]
Sports Injury	5 tablets 3 times a day prophylactically ^[25]
Thrombophlebitis	10 tablets 3e times a day (30 tablets per day) for 15 days ^[26]
Thyroiditis, Autoimmune	5 tablets 3 times a day as an adjuvant for 6 months ^[27]

Comparing Wobenzym® N to Wobenzym® PS dosages

In adults, 30 Wobenzym® N tablets (10 tablets t.i.d.) may be substituted with 6 Wobenzym® PS tablets (2 tablets, t.i.d.) ^[28]. In children, Wobenzym® N tablets at 1 tablet / 6 kg body weight may be substituted with Wobenzym® PS tablets at 1 tablet / 10 kg body weight up to maximum six tablets a day. As such, the daily dosage for a 30 kg child would be 5 Wobenzym® N tablets or 3 Wobenzym® PS tablets. ^{[29][30]}

Crushed Tablet Dosing.

If unable to swallow the whole tablet, may use crushed tablets strictly on empty stomach with plenty of water and increase the dosage by another 50%. As such, a dosage of 2 tablets t.i.d. would be increased to 3 crushed tablets t.i.d. on empty stomach with plenty of water. ^{[27],[28]}

For a review of studies, and to learn more, please go to: www.systemicenzymesupport.org/faq/

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These statements have not been evaluated by the Food and Drug Administration and are not intended to be used to diagnose, treat, cure or prevent any diseases.

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