

Dosage Guidelines for Wobenzym® PS

based on a review of international literature*

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*Wobenzym® PS is known as Phlogenzym in Germany and other countries.

Optimal Dosage: The preponderance of clinical studies has shown the formulation to be very effective at a dosage of 6 tablets per day, taken as either **3 tablets twice a day**, or 2 tablets three times a day at least 45 minutes before a meal, with a large glass of water. Higher dosages may be used if clinically indicated. Children's dosage is based on weight in kg.

Duration: Literature reports treatment time at which clinical improvement is observed. Supplementation is predominantly 3 weeks for acute conditions. Duration of supplementation for chronic conditions may be from 1 month to 3 months, or years as indicated.

Clinical Application: The following table has a sample of conditions treated with the **Wobenzym® PS** 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.

Ankle Joint Distortion	6 tablets a day for 10 days ^{[1],[2]}
Arthritis; knee	6 tablets a day for 3 weeks ^{[3],[4],[5]}
Arthritis; shoulder	6 tablets a day for 3 weeks to 7 weeks ^[6]
Nephropathy, diabetic	6 tablets a day for 16 weeks ^[7]
Fibromyalgia	6 tablets a day for 23 to 35 days ^[8]
Hematoma	6 tablets a day for 90 days ^[9]
Multiple Sclerosis	6 tablets a day for 2 years ^[10]
Postphlebotic syndrome	6 tablets a day for 3 months ^[11]
Prostatitis, chronic	6 tablets a day for 4 weeks ^{[12],[13]}
Radiomucositis; cancer	6 tablets a day for 10 days ^[14]
Respiratory Tract Infection, recurrent	children aged 1 month to 15 years were given 1 tablet of Wobenzym® PS per 10 kg body weight, divided into 2-3 sub-doses for 6 months ^[15]
Rheumatoid Arthritis	6 tablets a day in the first 1½ to 2 months and then Wobenzym® N in the dosage of 21 tablets a day for 2 months to over 1 year ^[16] , or 6 tablets a day for 9 months ^[17] , or 6 tablets a day for 23 to 35 days ^[18]
Sepsis in children	children aged 1 month to 15 years were given 1 tablet per 10 kg body weight up to maximum six tablets a day in two or three divided doses for 14-21 days ^[19]
Surgery	3 tablets, 3 times a day (9/day) for the first 3 days after surgery, then 2 tablets, three times a day ^[20]
Surgery	3 tablets 5 times a day for 2 to 6 days before surgery, then 3 tablets twice a day after surgery for 3-5 days, followed by Wobenzym® N, 5 tablets twice a day for 9 to 15 days. ^[21]
Tendonitis; shoulder	6 tablets a day for 3 weeks ^[22]
Urinary tract infection; recurrent	6 tablets a day for 3 weeks ^[23]

Comparing Wobenzym® PS to Wobenzym® N dosages

In adults, 6 Wobenzym® PS tablets (3 tablets, two times a day) may be substituted with 30 Wobenzym® N tablets (10 tablets three times a day) ^[24]. In children, Wobenzym® PS tablets at 1 tablet / 10 kg body weight up to maximum six tablets a day may be substituted with Wobenzym® N tablets at 1 tablet / 6 kg body weight. As such, the daily dosage for a 30 kg child would be 3 Wobenzym® PS tablets or 5 Wobenzym® N tablets. ^{[25],[26]}

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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