

Systemic Enzymatic Therapy (SET)

Systemic Enzymes are proteolytic (protein-digesting) enzymes that support various functions beyond digestion. Unlike digestive enzymes, which primarily break down food in the stomach and intestines, systemic enzymes are absorbed into the bloodstream and influence immune function, inflammation, circulation, and detoxification.

- Should be taken on an **empty stomach** to be absorbed into the bloodstream
- Dosing will be recommended by your health care practitioner
- SEs travel through the body via the blood
- https://www.youtube.com/watch?time_continue=1&v=ceMyFHoTAFc&embeds_referring_euri=https%3A%2F%2Fmaureenfontaine.com%2F&source_ve_path=MzY4NDIsMjg2NjY

Common Systemic Enzymes and Their Functions

ENZYME	SOURCE	FUNCTION
Serrapeptase	Bacteria (Serratia)	Anti-inflammatory, dissolves scar tissue, clears mucus, reduces pain and swelling
Nattokinase	Fermented soy (Natto)	Supports cardiovascular health, improves blood viscosity, prevents clot formation
Bromelain	Pineapple	Reduces inflammation, improves injury recovery, digestion
Papain	Papaya	Breaks down proteins, reduces pain and swelling
Protease	Fungi/Bacteria	Breaks down proteins, reduces immune system burden
Lipase	Pancreas/Fungi	Breaks down fats, supports metabolism
Amylase	Fungi/Bacteria	Breaks down carbohydrates, reduces inflammation
Rutin	Plants (Citrus, buckwheat)	Antioxidant, supports vascular health

Health Benefits of SEs

- Anti-Inflammatory – Reduce chronic inflammation without side effects
- Joint and Muscle Recovery – Arthritis, fibromyalgia, injury, tissue repair
- Circulation and Cardiovascular Health – Break down fibrin, prevent/dissolve blood clots, varicose veins, and arterial plaque
- Immune Function – Break down harmful proteins (e.g., viruses, toxins)

- Scar Tissue and Fibrosis Reduction – dissolve excess fibrin, reduce scarring, cysts, and fibroids
- Lung and Sinus Health – Clear excess mucus (allergies, infections), asthma, COPD

Systemic Enzymes vs. Digestive Enzymes

TYPE	FUNCTION	HOW THEY WORK	HOW TO TAKE
Digestive Es	Break down food	Support stomach/intestines	With meals or on empty stomach
Systemic Es	Address the whole-body health	Absorbed into bloodstream	Empty stomach

How to Take Systemic Enzymes

- Take on an empty stomach 45 minutes before meals or 2 hours after.
- Dosage varies by brand and health condition.
- Consistency is key – benefits increase with regular use.

Safety and Side Effects

SEs are safe when taken as advised by your health care practitioner. Side Effects are rare but may include mild digestive upset with higher doses.