

# Neprinol— How to Make a Nutrition Program Work Even Better

## FOR YOUR ARTHRITIS PAIN

**I**F YOUR CURRENT NUTRITIONAL SUPPORT PROGRAM isn't delivering the dramatic health results you expected to deal with osteoarthritis, adding a systemic oral enzyme formula like Neprinol™ could help, according to the results of a study at the Santa Fe Center for Nutritional Medicine in Santa Fe, New Mexico.

The study, conducted by Discovery Health Channel host Laurent Bannock, D.Sc., enrolled 25 patients, and 20 completed the six-month trial period. Ten of the patients were studied for osteoarthritis and rheumatoid arthritis symptoms. Bannock said that the patients had stalled in their health gains or had not achieved what had been hoped for. He selected patients who might really have an enzyme deficiency, based on clinical and subclinical symptoms. (Bannock has a master of nutrition medicine degree from the Royal Melbourne Institute of Technology, a respected educational and research institution with campuses and more than 50,000 students, which is located in Melbourne, Australia. Bannock also teaches for the state and federally accredited distant learning college, Huntington College of Health Sciences, in Knoxville, Tennessee.)

The patients had come to the Santa Fe Center for Nutritional Medicine in search of alternatives to their prescription drugs and had been put on various individually tailored nutrition and health programs.

"All of the patients had been completely off of prescription medications for at least six months before being entered into the systemic enzyme study with Neprinol," Bannock said.

A five-point rating scale was used to assess the patient-subjective test results, as well as various objective laboratory tests.

### IMPROVED SUBJECTIVE RESULTS

According to Bannock, "Initially, 40 percent of the test subjects in the osteoarthritis group had moderate perception of symptoms related to their diagnosis, 40 percent had moderate to significant perception of symptoms related to their diagnosis, and 20 percent had significant perception of

symptoms related to their diagnosis. At the end of the study, 80 percent of the test subjects were symptom-free, and 20 percent had slight perception of symptoms related to their diagnosis."

### C-REACTIVE PROTEIN LEVELS IMPROVED

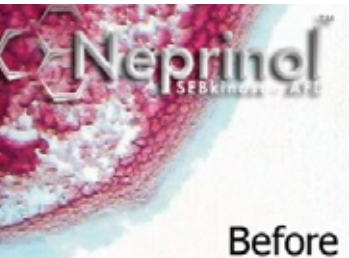
One area of analysis was for patient's levels of C-reactive protein (C-r P). A marker for overall inflammation, high-normal or greater levels of C-r P generally indicate a higher risk for arthritis, diabetes, heart disease, and perhaps even Alzheimer's and other neurological disorders, Bannock told us. Lower levels are reflective of low bodily inflammation.

*Healthy Living* has reported other enzyme preparations have been shown to help normalize C-r P levels in patients, and the preliminary results from the Bannock study further confirm these results can be achieved by a variety of different enzyme formulas.

"The findings, particularly the objective blood work, clearly suggest that systemic enzymes have a significant positive effect on patients with rheumatoid arthritis, osteoarthritis and fibromyalgia," he said.

At the beginning of the study, 60 percent of the test subjects were found to have C-r P lab test

**Study Subject: 45 year-old male construction worker, recently diagnosed with osteoarthritis.**



*Before—Significant protein polymerization, raised platelets, raised poikilocytes, raised fibrin and raised WBCs.*



*After—Blood completely normal!*

## Neprinol Case Study

**Study Subject: 45-year-old male construction worker, recently diagnosed with osteoarthritis.**

### INITIAL VISIT

**Subjective:** Chronic pain and inflammation of the wrist and elbow joints (both arms). Uses over-the-counter ibuprofen for relief, regularly.

**Objective:** Lab tests showed very high C-reactive protein, high ESR, high platelets and high globulin values. Digital video blood microscopy showed significant protein polymerization (oxidative stress that causes high ESR levels), raised platelets, raised poikilocytes (variably shaped cells, which are seen in iron deficiency anemia), raised fibrin and raised white blood cells (WBCs, an indication of an unhealthy immune system).

**Treatment:** Three Neprinol capsules, twice a day, between meals. Advised to discontinue ibuprofen usage. No other medications or supplements were recommended (for the purposes of the study).

### TWO MONTH FOLLOW-UP VISIT

**Subjective:** Still had some pain and inflammation of wrists and elbows, but reports symptoms to be markedly improved.

results that were moderately out of range, while 40 percent had C-r P results that were moderately to significantly out of range. At the end of the study, 80 percent of the participants had C-r P lab test results that were within normal parameters, and the remaining 20 percent had C-r P lab test results that were only slightly out of range.

### PATIENT ESR IMPROVED

Erythrocyte sedimentation rate (ESR) is a nonspecific screening blood test for various diseases. This test measures the distance (in millimeters) that red blood cells settle in unclotted blood toward the bottom of a specially marked test tube. Markedly elevated out of range values could indicate rheumatoid arthritis and kidney disease and might also be viewed as indicative of an overall pro-inflammatory bodily state. Once again, Neprinol systemic enzymes appeared to help patients normalize their ESR.

At the beginning of the study, 60 percent of the test subjects had ESR lab test values that were moderately to significantly out of range, and the other 20 percent were found to have ESR lab test values that were moderately out of range.

At the conclusion of the study, 80 percent of the test subjects had ESR lab test values that were within normal ranges; the remaining 20 percent had ESR lab test values that were only slightly out of range.

### WHAT IT ALL MEANS

"I found it interesting to see what kind of benefits the enzymes provided and how they worked to support their current regimens," Bannock said in an interview. "These patients were being given other nutritional

supplements, such as essential fatty acids, and they had been on their nutrition program but without drugs for at least six months and had benefited insofar as I was helping them, but the enzymes really put them forward another step."

Bannock himself prefers Neprinol in his practice because he feels the compliance is better, since comparatively fewer tablets need to be taken when compared to some other products, but he also has used other products and likes them, too.

"A major benefit, which was reported by the test subjects, was the ease of compliance for Neprinol administration," he said. "Other systemic enzyme products require a larger number of pills or capsules to be taken, which often makes it difficult to get good compliance. Systemic enzyme therapy is largely dose dependent, and compliance is therefore a crucial factor when choosing a particular product to use in practice. Neprinol appears to be more 'potent' than some other preparations for a similar price and is therefore also good for those concerned with the cost-to-benefit ratio of their prescriptions."

Bannock cautions, "This was not a double-blind study, and therefore should be considered a pilot study that justifies the need for a larger double-blind and placebo-controlled study."

The product Dr. Bannock used, Neprinol (supplied by Arthur Andrew Medical, of Scottsdale, Arizona, which claims it did not otherwise fund Bannock's conducting of the study), combines some of the most well-studied medical enzymes, including NattoSEB® nattokinase, Peptizyme SP® serratiopeptidase; various microbial proteases; and amla, papain, bromelain, rutin and coenzyme Q<sub>10</sub>.

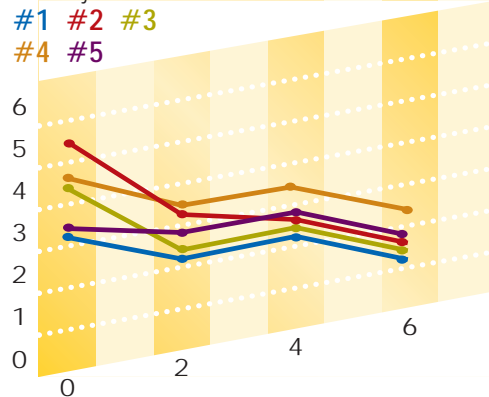
According to Dr. Bannock, he had very little interest in enzymes prior to the study, and he believes enzymes themselves must be part of an overall health and nutrition program, but that within that context they provided his patients with excellent health benefits.

—Healthy Living Staff

### O/A Perceived Symptoms

Test subject:

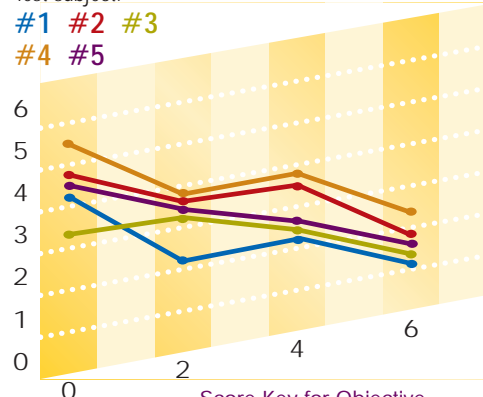
#1 #2 #3  
#4 #5



### O/A ESR Lab Results

Test subject:

#1 #2 #3  
#4 #5



#### Score Key for Objective (lab) Results:

- 5 – Significantly out of range
- 4 – Moderate to Significantly out of range
- 3 – Moderately out of range
- 2 – Slightly out of range
- 1 – In range / Normal



### Resources

Neprinol is manufactured by Arthur Andrew Medical. For questions and availability, please call 800-448-5015.

**Objective:** Lab tests showed slightly raised C-reactive protein, high ESR, normal platelets, slightly raised globulin values. Digital video blood microscopy showed moderate protein polymerization (oxidative stress), slightly raised platelets, slightly raised poikilocytes, normal fibrin and slightly raised WBCs.

**Treatment:** Three Neprinol capsules, twice a day, between meals. Has discontinued ibuprofen usage.

#### FOUR MONTH FOLLOW-UP VISIT

**Subjective:** Completely pain and inflammation free. No longer uses ibuprofen at all!

**Objective:** Lab tests showed normal C-reactive protein, slightly high ESR, normal platelets and normal globulin values. Digital video blood microscopy showed slight protein polymerization (oxidative stress), normal platelets, very few poikilocytes, no fibrin and normal white blood cells.

**Treatment:** Two Neprinol capsules twice daily, between meals.

#### SIX MONTH FOLLOW-UP VISIT

**Subjective:** Still completely pain and inflammation free.

**Objective:** Lab tests are normal. Digital video blood microscopy is normal.

**Treatment:** One Neprinol capsule twice daily, between meals.