

## User Reviews for serrapeptase

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Show ratings & reviews for

- All Conditions (134 reviews)
- Other (93 reviews)
- Sinusitis (19 reviews)
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- Other (2 reviews)
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4.0 Overall Rating

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### Effectiveness

This medication has worked for me.

[See less](#) [See more](#)

### Ease of Use

This medication has been easy for me to use.


[See less](#) [See more](#)

### Satisfaction

Overall, I have been satisfied with my experience.


[See less](#) [See more](#)

### Most voted positive review

 405 People found this comment helpful

I started taking Serrapeptase about 10 months ago as it is suppose to reduce inflammation and help clean and renew damaged arteries. The result has been that my blood pressure has been reduced from 155/98 to 98/68 which is telling me that my arteries are starting to be flexible again.

### **Most voted negative review**

 26 People found this comment helpful

More pain and cramps for sciatica

### **Shared reviews and ratings**

- Most Helpful
- Most Recent
- Highest Total Rating
- High Satisfaction
- Low Satisfaction

**Condition: Sinusitis**

**Overall rating 1.0**

**Effectiveness**

**Ease of Use**

**Satisfaction**

First time I tried a Doctors Best Serrapeptase 120,000 spu capsule I was sick the following day and blamed it on possible food poisoning. Waited two weeks before trying it again. This time had severe vomiting and diarrhea, chills and miserable about 5 hours after I took the first pill. Lasted for two days. Thought I was poisoned! Maybe the dosage was too high for me?



**Report this post** 

**Condition: Other**

**Overall rating 5.0**

**Effectiveness**

**Ease of Use**

**Satisfaction**

Morton's neuroma. In 8 weeks of taking this my neurmoas have become pain free I hope this keeps working as I have worn sandals for the last 8 winters but at the moment I can wear boots and shoes again



**Report this post** 

**Condition: Sinusitis**

**Overall rating 2.0**

**Effectiveness**

**Ease of Use**

**Satisfaction**

I feel no relief with sinusitis. Also I developed an itchy rash on my neck which started a few days after first dose.



**Report this post** 

**Condition: Other**

**Overall rating 1.3**

**Effectiveness**

**Ease of Use**

**Satisfaction**

About 4 hrs after taking I became nauseous. 30 min later I began to vomit. This happend twice within 45 mins to the point of dry heaves. 8 hrs later dizzy with low blood pressure 64/80. I am feeling somewhat better now



**Report this post** 

**Condition: Other**

**Overall rating 4.3**

**Effectiveness**

**Ease of Use**

## Satisfaction

I was diagnosed with stage 4 Sarcoidosis in 2006. I was prescribed high doses of steroids and later on Methotrexate (a chemo pill) . Refused the Methotrexate and found Serrapeptase. Shortly there after, I got rid of the steroids (terrible side effects). I was on very high doses of Serrapeptase, 500,000 iu's 3 x daily, and the hardest part about that regiment is that I had to take it on empty stomach (around 1 hour before or after I ate). With no other western medicine treatment, my pulmonologist released me from care in 2009 without ever prescribing anything with exception of the first 2 month (steroids). My pulmonologist was the president of the local chapter of the Sarcoid association. The part I found miraculous, was that the Dr. did not want to know or care how I got better without their aid! I read some vomiting and upset stomach reactions on these reviews, I never experienced these symptoms and wonder if the Serrapeptase was taken with food! The only side effect that I experienced was sever thirst and I could not get enough water/ constantly going to the bathroom. In normal cases, one should back off the high levels of serrapeptase. My case was severe, therefore, my natural DR. suggested that i take 1 electrolyte drink daily and that helped out greatly.... Read More Read Less



Report this post 

Condition: Other

Overall rating 1.0

Effectiveness

Ease of Use

Satisfaction

I took one capsule of 120,000 units 4 hours after my last meal which was beans and rice. An hour later I drove one client of the Lyft platform. Not thinking about the capsule I took, I took an orange I cut up for the drive. Returning home I didn't feel right in my gut so, thinking it was just a matter of having an empty stomach, I fixed some fried eggs and toast. I still felt bad so I went to bed hoping to feel better. I felt increasing pressure in my intestines but could not at first pass anything. Finally in desperation I sat on the toilet and strained until I passed something. I became more and more distressed and felt like I was going to pass out. Then the diarrhea began. Wave after wave of diarrhea. I couldn't stay sitting on the toilet because I felt like I would pass out. So I would go back to bed for a few minutes and have to get up a few minutes later for more diarrhea. This went on for hours. Sometimes I would just get off the toilet and lie on the floor in the bathroom to prevent passing out and to save the trip to my bedroom and back. I had food poisoning before and this was very similar except it was more severe. I had trouble catching my breath and I wondered if I might die. I took the capsule on a Sunday night. On Tuesday morning I still had diarrhea. I sent my son to buy some Imodium and that worked in stopping the diarrhea. Tuesday evening as I write this I have pain in my stomach but was able to get down a little chicken soup. I can't imagine this was food poisoning because I was eating beans and rice from my fridge that I had eaten several times before. Also the abdominal

discomfort and diarrhea didn't begin until about 6 hours after eating them. My discomfort began after eating the orange I brought with me on the Lyft drive. Is there any reason why an orange would have caused this in combination with the capsule taken an hour earlier. I was instructed to take on an empty stomach which I did, but had no instructions as to how long after taking the supplement to wait to eat again. This "Doctors Best Serrapeptase" bottle cost \$46 at my local Vitamen Shoppe. If I'm able to make the drive I will return and ask for a refund. I will never again try this supplement. The bottle mentioned that first time users might consider taking about 40,000 units to begin with. It did not say the user might experience life threatening abdominal pain, diarrhea and low blood pressure with the higher dose in this bottle. All I can say is never, never again. I felt like I might not survive. I can't believe this supplement is offered to the public without more cases of extreme reactions being reported. My warning to others is to begin with 20K units - not 120K - if at all. For myself, as I mentioned, I will never try this stuff again. You couldn't pay me \$1000 to do it.[Read More](#)  
[Read Less](#)



**Report this post** 

**Condition: Other**

**Overall rating 5.0**

**Effectiveness**

**Ease of Use**

**Satisfaction**

After reading studies on both Serrapeptase and Nattokinase, I started using them both, Natto for the first week, then both, twice a day, four capsules in all, daily. My interest was in cleansing my circulatory system of any atherosclerosis build-up. Now after 1 month, my circulation (significant improvement), sleep (not interrupted by circulation issues), heart beat (rare to no skips), appetite (much less), stools (firmer), nocturia (gone) are all positively impacted. My research indicates that tumor fibrin encasement is dissolved, permitting tumor necrosis factor to prevail. So if any exist, they are more effectively destroyed. It took about 3 weeks for my body to settle in to this new reality. I'm hoping to lose 30 lbs with reduced appetite assistance of these enzymes. Extremely minor head-ache when I first took serrapeptase. Plus I can sense the enzymes at work in my mouth. I may report back when I reach my weight loss goal :-)[Read More](#) [Read Less](#)



**Report this post** 

**Condition: Other**

**Overall rating 5.0**

**Effectiveness**

## Ease of Use

## Satisfaction

I was not able to turn over in bed because of severe pain and if I got down on the floor, I had to painfully crawl to furniture to drag myself up. That was over 16 years ago. I have taken it since. I like the Doctor's Best formula from Vitacost.com. I am 79 years old. I have a coil in my brain because of an aneurysm over 20 years ago. Every year I have an MRI that covers my neck and brain. The first year the doctor commented that I had some beginning plaque in my carotid arteries. I started the serrapeptase a few years later. The literature says it can take up to a month to be effective. I awoke on the 4th morning with no pain. I am on coumadin and have no difficulty adjusting my diet to maintain the correct blood levels. First of all, serrapeptase is a proteolytic enzyme that reacts on proteins, hence the Empty stomach rule. Take with a Full glass of water is to prevent stomach pain. If you have pain, drink more water and it will go away immediately. Wait an hour to eat or drink Anything but water! My latest MRI shows complete clear arteries in my brain and neck. My 16 year old cat cried if we stroked her and could not climb on our low sofa without clawing her way up in great pain. I gave her SerraPet and dripped water in her mouth with a straw. Over night she was zooming around like a kitten, moving for the sheer joy of it. I would ask if she wanted her pill and she came running. She would paw the pill container and meow at me if I forgot. How she made the connection between the pill and no pain, I will never know. Her last year was a joyful one without pain. I use serrapeptase topically also for black bruises and varicose veins. Just open a capsule and make a paste with water. You can literally watch a black bruise fade away in 6-8 hours. The varicose vein took a couple of weeks. Read More Read Less



Report this post 

Condition: Other

Overall rating 5.0

## Effectiveness

## Ease of Use

## Satisfaction

I started this enzyme as a means to help with RA and inflammation. Imagine my shock when 2 weeks later I no longer have nerve pain or neuropathy in my legs and am off gabapentin entirely. If I knew this helped I would've taken it years ago. It can't be anything else unless someone can explain it otherwise.



Report this post 

**Condition: Sinusitis**

**Overall rating 5.0**

**Effectiveness**

**Ease of Use**

**Satisfaction**

Actually, I have fibromyalgia. I was desperate. I found info on Serrapeptase on the internet. I started taking 120,000 SPU's in the morning and in the evening on an empty stomach. Was completely pain free in about 2 weeks. It was a miracle to me. I continue to be pain free 4 years later. My husband takes it occasionally for various aches and pains. Sometimes I up the dose, other times take less. I recommend it to anyone in pain.



**Report this post** 

**Condition: Other**

**Overall rating 5.0**

**Effectiveness**

**Ease of Use**

**Satisfaction**

Despite many scientists constantly saying Serratiopeptidase has no scientific support, as I am a physician, I have seen benefits with Serratiopeptidase as an anti-inflammatory medicine for many different conditions. If personally speaking, I am an angioplasty and stent inserted 57 years old person in 2009. Since then I have not taken any other medicines or supplements, but still consuming Serratiopeptidase 10mg and Vitamin C 1g three times daily. Regular moderate exercise continuing. Avoiding sugars and carbohydrates as much as possible in the diet. Various vegetables 60%, meat (mainly beef) 20-25%, homemade coconut oil + tallow butter 05-10%, different kinds of sprouted beans (cooked) 05-10% and enough fluids (water, tea...),. This is my regular diet. Fish and eggs are often used instead of meat. I am 57 years old and have no health problems (not even in my personal life). All these are concludes anti inflammatory effect of Serratiopeptidase. [Read More](#) [Read Less](#)



**Report this post** 

**Condition: Other**

**Overall rating 5.0**

## Effectiveness

## Ease of Use

## Satisfaction

Anyone saying this does not work is feeding misinformation, this along with NATTOKINASE is what is needed for recovering from spike proteins. It clears scar tissue breaks up clots removes mucas acts like a NSAID with no side effects, the list goes on and on. It has been used in Asia and germany for many years to help with blocked arteries and female fallopian tube issues as well as fibroids the list goes on and on.



Report this post 

Condition: Pharyngitis

Overall rating 1.0

## Effectiveness

## Ease of Use

## Satisfaction

I took one dose & had severe diarrhea & vomiting as well as bad headache & abdominal pain ! A total nightmare it's the third day starting to feel stronger ! My body obviously rejected it !



Report this post 

Condition: Other

Overall rating 2.3

## Effectiveness

## Ease of Use

## Satisfaction

I have long covid and heard that enzymes could help get energy back. I took a supplement with serrapeptase, but already after 1 day got horrible heart palpitations. That night I felt very restless and my heart rate was too high. The next day I still had palpitations and they have lasted more than 2 weeks now. Of course I directly stopped taking the supplement. My GP said that enzymes take some time to leave the system, so that's why symptoms can last longer. I do not recommend serrapeptase.





**Report this post** 

**Condition: Sinusitis**

**Overall rating 2.0**

**Effectiveness**

**Ease of Use**

**Satisfaction**

I took my is for sinuses & to break down scar tissues. It was amazing and all my back pain disappeared. I started with 40,000 then worked up to 120,000 then bought the bottle of 120,000. I took the full amount everyday with no issues. Then I stopped because it had done what it needed. Then I had some congestion from a cold that was persistent and tried it. I became violently sick with vomiting and dry heaving, the worst I'd ever had. I thought it HAD to be something else. So six month later I am doing a Candida detox diet and took it this morning, the proper way without food. And the same thing happen, about 6 hrs of violent vomiting and retching and dry heaving. I have NO IDEA what changed but I won't be taking it again. But it was so amazing for so long! And I hope to be able to use it to clear mucus. But I won't...[Read More](#) [Read Less](#)



**Report this post** 

**Condition: Sinusitis**

**Overall rating 5.0**

**Effectiveness**

**Ease of Use**

**Satisfaction**

I started taking this because of acute sinusitis and was tired of being given an antibiotic and steroid every few months . I cannot believe how much this has helped me. I no longer have to worry about getting bronchitis from the excess drainage and constant coughing and I am not having to take a steroid to alleviate this condition. I take it when I first get up and then before bedtime. Always on an empty stomach and wait at least an hour before I eat breakfast. No stomach problems unless I eat before that. I am 75, and cannot understand why our doctors here in the states are not telling people about healthier alternatives. It has sure made a difference in my life! All for the good!![Read More](#) [Read Less](#)





Report this post 

Condition: Other

Overall rating 5.0

**Effectiveness**

**Ease of Use**

**Satisfaction**

Took it for a year relieved stiff joints to the point of total relief . Stopped for 6 months all symptoms returned started again one week ago and woke up this am to very little joint pain .No side effect my little miracle pill changed my life.



Report this post 

Condition: Other

Overall rating 5.0

**Effectiveness**

**Ease of Use**

**Satisfaction**

I started taking this product due to my sinus issue not being able to smell and just continued congestion. I've been taking this almost a month and I am able to breathe much better I don't have a clogged nose anymore!! I'm so excited!! I think I will take this for the rest of my life I am taking doctors best I take four pills in the morning on an empty stomach and four at night for 30 days and then I will start taking two in the morning and two at night to maintain these incredible results. I wish I would've known about this product much sooner since I've been struggling with my sinus issues for over five years now [Read More](#) [Read Less](#)



Report this post 

Condition: Sinusitis

Overall rating 5.0

**Effectiveness**

**Ease of Use**

## Satisfaction

Saved me after I got Covid. I took precautions, wore a mask, washed hands, and still got Covid a month before the vaccines came out. Doctor looked at me like I was already dead, I'm over 65 with an impaired immune system from RA. I was taking Serrapeptase for RA inflammation and to stop sinus migraines. As the Covid took hold I could hear a whistling in my lungs as they began trying to fill up with fluid. I took a 40-unit capsule of Serrapeptase each time and about 15 minutes later the whistling and coughing stopped. I could sleep. It meant some tummy upset and loose bowels, but I can take those and worse over drowning in bed. I kept this going for two weeks until the symptoms passed, then went back to my usual twice a day dose. I got through it alive. Weak, but alive. Doctor was delighted to report I was Covid-free. I got my 1st vaccine a month later, boosters followed. I'm always going to be taking this. I've had a lifetime of sinus issues, and it's awesome to be free of them at last.[Read More](#) [Read Less](#)



**Report this post** 

**Condition: Sinusitis**

**Overall rating 5.0**

## Effectiveness

## Ease of Use

## Satisfaction

I had a stroke 5 years ago and recently a liver tumor was discovered. I had many scans including 4 CT'S now with contrast. On the 1st my Aorta was severely clogged and the Tumor was 1.1cm. Now, after 6 months of taking Serrapeptase my Aorta shows clean and the Tumor shrunk to 7mm. O have written proof



**Report this post** 