

Lumbrokinase

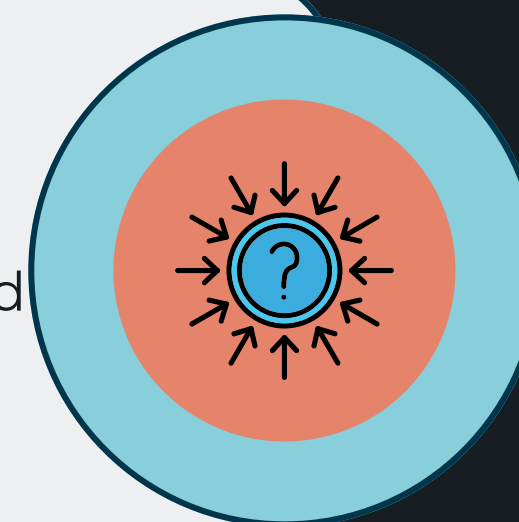


1. What is Lumbrokinase

Lumbrokinase is an enzyme derived from earthworms (*Lumbricus rubellus*) and is used as a dietary supplement. It has fibrinolytic properties, meaning it helps break down fibrin, a protein involved in blood clot formation. Lumbrokinase is often used as a natural alternative to anticoagulant medications.

2. Conditions of Use

Lumbrokinase is primarily used to support healthy blood circulation and to help prevent or treat conditions related to excessive blood clotting. It's sometimes used for cardiovascular health, deep vein thrombosis (DVT), stroke prevention, and as an adjunct therapy for certain conditions



3. Contraindications

Lumbrokinase may not be suitable for everyone. It's generally not recommended for individuals with bleeding disorders, active bleeding, or those taking anticoagulant medications. It's important to discuss its use with a healthcare professional if you have any pre-existing conditions or are taking other medications



4. Dosage and How to take Lumbrokinase:

- Maintenance Dose: 20-60 milligrams (mg) per day, divided into two or three smaller doses.
- Therapeutic Dose: In some cases, higher doses ranging from 60-120 mg per day may be used under the supervision of a healthcare professional.
- Can be used in place of Nattokinase in the FLCCC I-RECOVER protocol.



5. Brands I Like:

- [Doctor's Best Lumbrokinase](#)
- [Allergy Research Lumbrokinase](#)

