

News

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A study of elite athletes shows that ColdZyme provides protection as evidenced by fewer sick days and lost training days, as well as improved quality of life

Enzymatica is now publishing the results of a study¹ in which Swedish elite athletes used ColdZyme® Mouth Spray to protect against and reduce the symptoms of colds. The results of the study show that ColdZyme reduced the number of sick days by more than 50 percent in the two groups of hockey players and biathlon skiers compared with previous control periods. The study also shows that the elite athletes who came down with colds and who used ColdZyme experienced milder symptoms and improved quality of life compared with untreated common colds.

Enzymatica conducted a study of elite athletes who used ColdZyme for 3-12 months during the winter seasons 2012-2014 in Sweden. In all, 11 biathlon skiers, 29 hockey players and 20 handball players participated and submitted information on number of days absent from training and competition. In addition, those who came down with colds responded to questions about their symptoms and quality of life.

The study results show that the average number of sick days per athlete and month when using ColdZyme significantly declined, by 51 percent for the biathlon skiers and 67 percent for the hockey players, compared with the control periods when ColdZyme was not used. The athletes in the study who became infected reported milder symptoms and significant improvement in quality of life (for example, improved sleep and performance) compared with common cold sufferers not treated with ColdZyme. Nine of 11 biathlon skiers reported that they felt better or much better when using ColdZyme and that they had milder or much milder cold symptoms. The handball players reported similar results, where 76 percent responded that when using ColdZyme the cold was so mild that it had little or no effect on quality of life.

“Using ColdZyme has been very important for my training as a biathlon skier. Before I began using ColdZyme I could have 30 to 40 days of sick leave per season, compared with 3-5 days when using ColdZyme,” says Torstein Stenersen, who belongs to the Swedish biathlon team.

“The results of this study confirm the results of our first clinical study (COLDPREV I), which among other things showed a 50-percent reduction in number of sick days. This study of elite athletes shows that use of ColdZyme can be a simple and practical way to protect against colds, as evidenced by a reduction in the number of sick days and the quantity of cold symptoms,” says Fredrik Lindberg, CEO of Enzymatica.

¹ Clarsund, M. Evaluation of ColdZyme Mouth Spray for the Protection against Common Cold in Elite Athletes to Reduce Unwanted Absence from Training and Competition. Open Journal of Respiratory Diseases, 2017, 7, 103-109.
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About Enzymatica AB

Enzymatica AB is a life sciences company that develops and sells medical devices for fighting infectious diseases. In a short period of time, the company developed ColdZyme®, a unique mouth spray for fighting colds, launched the product in eight markets and established it as one of the best-selling cold products in Swedish pharmacies measured in SEK. Our strategy is to continue growing by strengthening our position on existing markets and expanding to more geographic markets via established partners. The company's head office is in Lund and it is listed on the Nasdaq First North. For more information, please go to: www.enzymatica.se.

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