We Claim,

1. A composition comprising a comprehensive digestive enzyme blend of protease, amylase, lactase, lipase and cellulase for use in therapeutic management of Delayed Onset Muscle Soreness (DOMS).
2. The composition according to claim 1, wherein the individual enzymes in the digestive blend are present in the concentrations:

   a) amylase: 24000 DU/g, b) cellulase: 1100 CU/g, c) lipase: 200 FIP/g, d) lactase: 4000 ALU/g and e) protease: 6000 PC/g.
3. Use of effective concentrations of a comprehensive digestive enzyme blend comprising protease, amylase, lactase, lipase and cellulase in the manufacture of a medicament for therapeutic management of Delayed Onset Muscle Soreness (DOMS) in mammals.
4. The use according to claim 3, wherein the individual enzymes in the digestive blend are present in the concentrations:

   a) amylase: 24000 DU/g, b) cellulase: 1100 CU/g, c) lipase: 200 FIP/g, d) lactase: 4000 ALU/g and e) protease: 6000 PC/g.
5. The use according to claim 3, wherein symptoms of delayed onset muscle soreness include pain, tenderness, inflammation, muscle damage and flexibility.
6. The use according to claim 3, wherein the mammal is human.