We Claim,

1. A composition consisting essentially of a comprehensive digestive enzyme blend of protease, amylase, lactase, lipase and cellulase for use in alleviating the symptoms of Delayed Onset Muscle Soreness (DOMS), 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.

2. Use of effective concentrations of a comprehensive digestive enzyme blend consisting essentially of protease, amylase, lactase, lipase and cellulase in the manufacture of a medicament for alleviation of symptoms of Delayed Onset Muscle Soreness (DOMS) in mammals, 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. The use according to claim 2, wherein symptoms of delayed onset muscle soreness include pain, tenderness, inflammation, muscle damage and flexibility.

4. The use according to claim 2, wherein the mammal is human.