As most people are known to overdo their exercise from time to time, most people are therefore susceptible to DOMS.

Despite significant research, no single treatment has been shown to prevent or treat DOMS. Nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen are widely used, but have been implicated in impairing and lengthening the healing process, as well as causing various side effects. A multi-enzyme complex that improves the outcome measures related to DOMS could serve as a welcome alternative. Sabinsa’s Health Canada claim states, “DigeZyme helps reduce pain and tenderness associated with delayed onset of muscle soreness (DOMS) after exercise.”