



Relieves inflammatory symptoms such as **pain, swelling and joint stiffness** – specially formulated for arthritic conditions, including **mild osteoarthritis**

## KEY BENEFITS

- ✓ Contains herbs traditionally used in Ayurvedic medicine to relieve joint pain, swelling and stiffness

Used in traditional Chinese medicine (TCM) to:

- ✓ Regulate and invigorate the *Qi* and Blood to help clear stagnation of *Qi* and Blood
- ✓ Relieve muscle and joint pain
- ✓ Relieve pain associated with menstruation

Always read the label. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. Made in Australia.

## PRODUCT FEATURES

- ✓ Enhanced bioavailable formula providing anti-inflammatory and antioxidant activity
- ✓ Contains curcumin C3 standardised extract (from turmeric), a clinically-studied extract; combined with a patented, standardised extract of boswellia (Boswellin Forte<sup>®</sup>), and ginger for additional anti-inflammatory support<sup>1</sup>
- ✓ Bioavailability of curcumin is enhanced by Bioperine<sup>®</sup>, a patented, standardised extract of black pepper which increases curcumin bioavailability by up to 20 times<sup>2</sup>

## ACTIVE INGREDIENTS PER TABLET

Curcumin (Curcumin C3 Complex <sup>®</sup> ) rhizome from <i>Curcuma longa</i> (Turmeric)	200mg 13g
standardised to curcuminoids	190mg
Boswellia (Boswellin Forte <sup>®</sup> ) gum oleoresin from <i>Boswellia serrata</i>	3.75g
standardised to beta-boswellic acids	150mg
incl. 3-O-Acetyl-11-Keto beta-boswellic Acid (AKBBA)	50mg
Ginger ( <i>Zingiber officinale</i> ) rhizome	3.75g
Black pepper (Bioperine <sup>®</sup> ) fruit	110mg

NO artificial flavours or preservatives, yeast, gluten, wheat, nuts or dairy products.

Soft gel capsule 24mm



## DOSAGE

Adults: Take 1 capsule twice daily. An extra dose may be taken as required.

## CAUTIONS/CONTRAINDICATIONS

- Not recommended for use by individuals with gallstones or bile duct obstruction.
- Not recommended during pregnancy and breastfeeding.

## BACKGROUND INFORMATION

### INFLAMMATION AND PAIN

Inflammation is typically characterised by symptoms of pain, swelling, heat, stiffness and reddening of the affected part. These symptoms are caused by the presence of compounds called inflammatory mediators, which may also cause damage to the injured or inflamed tissue.

### TCM PERSPECTIVE OF PAIN

According to TCM theory, pain is related to stagnation of *Qi* (energy) and blood in the body. This stagnation can occur from injury that impairs the channel pathways in which *Qi* and blood circulate, or from environmental or lifestyle factors which deplete or slow the flow of these substances. Herbs used in TCM therefore mostly rely on 'invigorating *Qi* and blood in the channels' that will move stagnation to address pain and symptoms associated with it.



**Turmeric** exhibits anti-inflammatory, antioxidant and pain relieving properties. It's used in traditional Ayurvedic medicine to reduce joint pain and rheumatic pain, and is known as blood purifier. In TCM

turmeric invigorates the Blood and *Qi* (vital energy) to ease pain due to stagnation. It's traditionally used in TCM to reduce menstrual pain and cramps.

Curcumin is considered its most active constituent but in its natural state has a poor bioavailability. Curcumin C3 standardised extract delivers improved absorption, and recent scientific evidence has discovered that piperine from black pepper may enhance the absorption and bioavailability of curcumin by as much as 20 times.



**Boswellia** is traditionally used in Ayurvedic Medicine for its anti-rheumatic and anti-inflammatory properties to help alleviate symptoms of mild osteoarthritis of the knee, including joint pain, inflammation and stiffness.



**Ginger** is traditionally used in Ayurvedic and Western herbal medicine to help reduce inflammation and alleviate joint pain. In TCM, ginger is used to relieve pain, soreness and aching of muscles, sinews, and joints; and swelling caused by wind, cold or dampness. It's also used as a circulatory stimulant to enhance peripheral circulation and to reduce menstrual pain and cramps.



**Piperine** is the principle bioactive compound of black pepper. Our patented, standardised extract Bioperine® has been shown to enhance the absorption and bioavailability of herbal and conventional medicines.<sup>2</sup>

1. Based on use in traditional Ayurvedic medicine
2. As demonstrated in a pilot study in men

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## COMPANION PRODUCT

**Pain & Inflammation** - herbal formula for pain relief from musculoskeletal aches and pains, including mild arthritis, headaches and period pain.