

# Inflamlief



Natural, Synergistic, Herbal Anti-Inflammatory | VA-116 / VA-916

## Key Features:

**Inflamlief** is a unique formula of multiple, natural COX2 inhibiting agents specialized for relief of inflammation, swelling and pain.

- Contains daily dosage of **1,000 mg** of patent *Humulus lupulus* **supercritical CO<sub>2</sub>-extract, clinically proven to yield comparable effect to 400 mg ibuprofen.**
- **Synergistic herbal extracts** to provide potent anti-inflammatory effect **without cardiovascular and GI adverse effects.**
- Inclusion of **Bioperine®** to **enhance the bioavailability of all medicinal ingredients.**

## Indications:

- Reduce pain & swelling in osteoarthritis
- Helps control flare-ups in inflammatory autoimmune diseases (eg. SLE, IBD, rheumatoid arthritis).
- Relieves pain such as, toothaches, muscle strain, sport injuries, or mild trauma
- Neuro-inflammation

## Description:

Non-steroidal anti-inflammatory drugs (NSAIDs), such as aspirin and ibuprofen, are non-selective COX (cyclooxygenase) blockers to reduce inflammation and pain, but cause gastrointestinal (GI) side effects such as gastric erosions, bleeding ulcers, and internal bleeding.<sup>1</sup> There are also selective COX-2 NSAIDs that do not irritate the gut linings; but rather, they increase the risk of cardiovascular events because of reduced prostaglandins resulting in unbalanced thromboxane.

**Inflamlief** naturally reduces inflammation via multiple synergistic mechanisms unlike pharmaceuticals, and therefore, does not cause any GI and cardiovascular adverse effects.

### Hops (Supercritical CO<sub>2</sub> Extraction)

Traditionally, hops tea is used to help relieve insomnia and menopausal symptoms due to its sedative and phytoestrogenic constituents.

Only until recent years was hops known to be rich in its **resinous constituents (ie. alpha- and iso-alpha acids) that exert potent anti-inflammatory actions.**

Our hops extract utilizes **supercritical CO<sub>2</sub> extraction method that isolates the anti-inflammatory resinous**

## Quantity: 84 Vegetarian Capsules

### Ingredients (per 2 capsules):

Hops Extract 30:1 (*Humulus lupulus*).....334 mg  
(Perluxan™) (cone) (30% alpha and iso-alpha acids)  
(equivalent to 5010 mg of dried herb)  
Boswellia Extract 20:1 (*Boswellia serrata*) (resin).....120 mg  
(65% boswellic acid) (equivalent to 1200 mg of dried herb)  
Curcumin (*Curcuma longa*).....400 mg  
(C3-Complex®) (isolate) (root, rhizome)  
Rosemary Extract 10:1 (*Rosmarinus officinalis*)..... 30 mg  
(leaf) (equivalent to 150 mg of dried herb)  
Piperine (Bioperine®) (isolate) (*Piper nigrum*).....3.5 mg

**Non-medicinal Ingredients:** L-leucine, hypromellose (capsule)

**Suggested Use:** Adults - Take 2 capsules, 3 times a day, or as directed by a health care practitioner.

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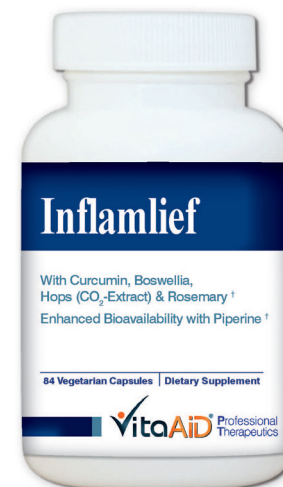
Research findings showed that **hops' anti-inflammatory effect only acts on the inducible (non-direct) COX-2.** It means that hops has a lower potential for gastrointestinal and cardiovascular toxicity, which is observed with direct COX enzyme inhibitors (ie. NSAIDs).<sup>3</sup>

It has been shown that **1000 mg hops, standardized to 30% alpha and iso-alpha acids, is comparable to 400 mg ibuprofen in COX inhibition.**<sup>2</sup>

### Boswellia

Boswellia has been shown in various scientific studies to significantly reduce swelling and pain, and increase flexibility and joint movement.

In a particular study<sup>3</sup> where 30 patients with knee osteoarthritis were assessed to grade their pain intensity, swelling, and loss of movement, it was determined that the pain intensity of the treatment group dropped considerably by 90%, while the pain intensity of the placebo group only dropped by 11% at the end of the study. Movement and flexibility were significantly improved by 89% in the boswellia group while the



placebo group experienced about 14% improvement.

Boswellia has also been shown to **reduce pain and disability in people with arthritis and collagenous colitis symptoms.**<sup>4</sup>

Additionally, the active constituent, boswellic acid, maintains healthy 5-lipoxygenase activity by **moderating leukotriene biosynthesis to suppress inflammatory reactions such as asthma.**

### Curcumin

Curcumin, a polyphenol derived from the herbal remedy and dietary spice turmeric, possesses strong anti-inflammatory, anticancer, and antioxidant activities.<sup>5,6</sup>

However, low bioavailability has always been a concern in curcumin supplement. Therefore, different modified forms of curcumin have been developed to help remediate the poor bioavailability.

- *Phospholipids-modified form:* By embedding curcumin into phospholipids, it allows the rapid exchange of phospholipids between biological membranes and the extracellular fluids. Each 100 mg of phospholipid-modified curcumin contains 20 mg (20%) of curcumin & 80-82 mg (80-82%) of phospholipids.
- *Fine-granulation & suspension technology:* finer particles & suspension = increased dispersing and permeating rate of curcumin. Each 100 mg of fine-granules contains 10 mg (10%) of curcumin & 90 mg (90%) non-medicinal carrier.
- **Enhancement with Piperine:** Adding 20 mg piperine to curcumin can increase its bioavailability by 2000% (20 fold).<sup>9</sup>

Research has yet to show any modified form of curcumin to be more effective than the standardized curcumin isolate or one another in a clinical setting. And yet, **modified forms of curcumin are generally 5-10 times more expensive** than the standardized curcumin isolate because **they only contain 10-20% of pure curcumin with the other 80-90% being the modifying agents.**

Therefore, when choosing the right curcumin product for your patients, it really comes down to cost-effectiveness and the clinical outcomes.

### Rosemary

Rosemary has traditionally been used for joint pain, to promote wound healing, and as a mild antiseptic. It is a natural antioxidant and works synergistically with other ingredients to quench free radicals that aggravate inflammation sites.

### Black Pepper

Black pepper contains piperine which **increases oral absorption of nutrients and other substances by modulating intestinal membrane dynamics.** The addition of small piperine has been repeatedly shown to have profound effects on the bioavailability of different nutrients and their clinical benefits.<sup>8,9,10</sup>

### Reference:

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