



PAIN RELIEF TRIPLE STRENGTH

- Relief from common joint conditions – mild osteoarthritis & mild rheumatic aches & pains
- Provide anti-inflammatory and analgesic effects
- Relieve mild joint pain & reduce immobility

KEY FORMULA FEATURES

- Relieves joint stiffness and pain associated with mild arthritis.
- High strength BCM-95™ Turmeric and BosPure® Boswellia have anti-inflammatory and analgesic properties.
- Triple strength formula to reduce immobility.



Relief from common joint conditions*



Relieve mild joint pain and stiffness



Anti-inflammatory & analgesic



Reduce immobility



Contains enhanced absorption BCM-95® Turmeric

*Common joint conditions include mild osteoarthritis & mild rheumatic aches & pains

EACH CAPSULE CONTAINS:

Curcuma longa, dry rhizome extract	500mg
from dry rhizome (BCM-95™ Turmeric)	12.5g
Equiv. Curcumin	350mg
Boswellia serrata, dry gum oleoresin extract	450mg
from dry gum oleoresin (BosPure®)	4.5g

PROFESSIONAL PRESCRIBING GUIDELINES

Dosage & Directions:

	Morning	Lunchtime
Adults: To reduce inflammation: 1 tablet twice daily. Or as directed by a healthcare professional.		
Adults: Take 1 tablet daily. Or as directed by a healthcare professional.		
Dosing tip	Some people can experience nausea when taking supplements on an empty stomach. Counsel patient to take with food to reduce this side effect.	

HCP COUNSELLING QUESTIONS & PRESCRIBING TIPS

Can this formula be taken with over the counter NSAIDs pain relief medication?

Yes, this product is suitable to be taken with these over the counter pain relief medications at the recommended doses.

Can this formula be taken with other over the counter supplements to help manage joint conditions (such as Fish Oil or Glucosamine)?

Yes, this product is suitable to be taken with these products.

Can Pain Relief Triple Strength be taken ongoing for pain management?

Yes, this product has been formulated with gut & liver-friendly herbs to ensure suitability for ongoing use.

Is Pain Relief Triple Strength suitable for vegans and vegetarians?

Yes, this product is suitable for vegetarians and vegans.

Not all cautions, contraindications and warnings are listed. For full details and references, contact Clinical Support 1800 777 648.

Warnings: None known at indicated dose.

Cautions:

Anti-platelet/anticoagulant drugs: The curcuminoids in turmeric have antiplatelet effects. Concomitant use alongside anticoagulant or antiplatelet agents such as aspirin and warfarin might increase the risk of bleeding. Use with caution and monitor INR in patients taking warfarin.¹

Chemotherapy/Radiotherapy: Antioxidants may interfere with chemotherapy and/or radiotherapy by decreasing the efficacy of the treatment. It is advisable to discuss with the Oncologist before recommending a formula containing antioxidants.¹

Gallstones or gallbladder disease: Use with caution in patients with a history of gallbladder disease.¹

Surgery: Due to the anticoagulant properties of turmeric, it is recommended to discontinue use 4-7 days before elective surgeries which have a high risk for bleeding complications.¹

Contraindications:

Avoid use in allergy or hypersensitivity to turmeric and/or curcuminoids.

Pregnancy: Caution. Safety has not been conclusively established during pregnancy. Practitioner discretion is advised when prescribing for use in pregnancy due to the following cautions: There is insufficient evidence on safety of Boswellia during pregnancy.²

Breastfeeding: Appropriate for use at indicated dose.

Free from: Gluten, wheat, dairy, lactose, corn, cereals, eggs, nuts, starches and yeast.

No added: Artificial flavouring, colouring or preservatives.

FOR HEALTHCARE PRACTITIONER USE ONLY

FURTHER INFORMATION CAN BE FOUND ON [METAGENICSPHARMACYACADEMY.COM.AU](https://metagenicspharmacyacademy.com.au)

ETHICAL NUTRIENTS

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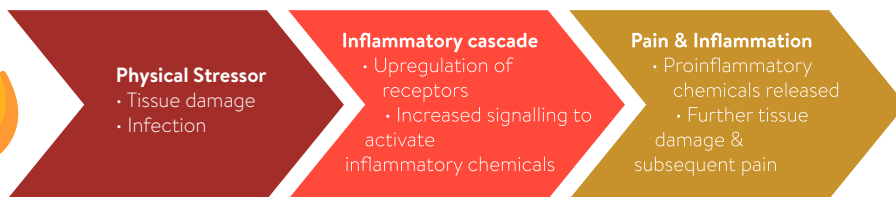


CLINICAL FOCUS

- Relieves the pain and discomfort associated with mild arthritis.
- High strength formula has anti-inflammatory and analgesic properties to reduce immobility.



PAIN & INFLAMMATION PROCESS



Joint pain and osteoarthritis are common in older Australians, with an estimated 2.2 million people experiencing symptoms that include joint stiffness and pain as well as a restricted range of movement. Although it is often described as a condition relating to 'wear and tear', the damage to the affected joints is actually thought to be the result of the body's inflammatory response. Eventually this ongoing process can lead to reduced mobility and lowered quality of life.³

A combination of high strength enhanced BCM-95™ Turmeric and BosPure®, Boswellia in Ethical Nutrients Pain Relief Triple Strength has been shown to relieve symptoms associated with joint pain and improve movement.

RELIEVING THE INFLAMMATION AND PAIN OF MILD OSTEOARTHRITIS WITH TURMERIC AND BOSWELLIA

Inflammation is a process that occurs in response to specific stressors such as tissue damage that can be the result of infection or other trauma to the affected area. In the case of osteoarthritis, it can be due to increased stress on the joint or repetitive movement. Inflammation begins with key cellular receptors becoming activated and promoting the inflammatory cascade that is designed to stimulate processes that resolve the damage.⁴ Receptors such as Toll-like receptors (TLRs) trigger the release of immune mediators including leukocytes such as macrophages and mast cells to the affected area. Inflammatory cytokines amplify this process, increasing blood flow and causing swelling and pain. When the damage is not resolved, such as in the case of chronic inflammation, there is an overactivation of these cellular receptors and the creation of a vicious cycle of inflammation results. This can result in ongoing pain and loss of function to the area.⁵

Current treatment for osteoarthritis focuses on analgesics and NSAIDs, and although these drugs can help to manage pain and inflammation, they have various adverse effects including increased risk of gastrointestinal damage and hypertension, and they do not address the underlying pathogenesis, making them only short-term treatment solutions.³

Curcuma longa (Turmeric) has a long history of use in Traditional Chinese Medicine for reducing pain and inflammation.⁶ These beneficial results have since been validated by clinical trials confirming its ability to diminish the inflammatory cascade with a reduction in mediators such as lipoxygenase (LOX), nitric oxide (NO) and tumour necrosis factor- α (TNF- α). This action can inhibit proinflammatory pathways including COX-2 that are associated with joint pain and inflammation. It appears that curcumin is able to switch off these pathways and stimulate the production of type II collagen and glycosaminoglycans and thereby has a restorative action. In a recent study comparing BCM-95™ curcumin with diclofenac to relieve pain associated with osteoarthritis, the results indicated a significant response to the BCM-95™ that was well tolerated by study participants.⁷

Boswellia serrata (Boswellia) is another herb with a long history of use for treating inflammatory conditions. Its resin contains active constituents including pentacyclic and tetracyclic triterpenes, known collectively as Boswellic acids.⁸ In vitro research has shown that Boswellia inhibits prostaglandin synthesis and proinflammatory pathways COX-1 and COX-2.⁹ Modern research confirms these anti-inflammatory actions and the benefit of using Boswellia to relieve the symptoms associated with joint pain and mild arthritis. In a study of 48 newly diagnosed or untreated patients with OA, patients receiving 338mg of Boswellia daily for 120 days, reported significant improvements in physical function due to reduced pain. Clinically relevant pain score methods including Western Ontario and McMaster Universities Arthritis Index (WOMAC) and Visual Analogue Scale (VAS) were used to assess patient's pain, stiffness and mobility scores during the study, see figure 1.¹⁰

The combination of *Curcuma longa* and *Boswellia serrata* has been shown to be beneficial in managing joint pain associated with OA. A study of 30 osteoarthritic patients were randomised to receive either 100mg celecoxib or a 500mg capsule containing 350mg *Curcuma longa* extract (BCM 95™) and 150mg *Boswellia serrata* extract (BosPure®) for 12 weeks. The efficacy of the formula was evaluated using symptom scoring of joint pain and walking distance (recorded as, >1000, 500-1000, 100-500 or <100m). The results of this study show a significant improvement in outcome measurements in the Curcumin and Boswellia group compared to the Celecoxib group. As well as providing pain relief, Boswellia is also thought to prevent the breakdown of glycosaminoglycan which is associated with degeneration of cartilage and this action may be beneficial in protecting the joint from further damage. The herbal extracts used in the formula in this study was the same as Ethical Nutrients Pain Relief Triple Strength and was found to be safe and well tolerated by participants.¹¹

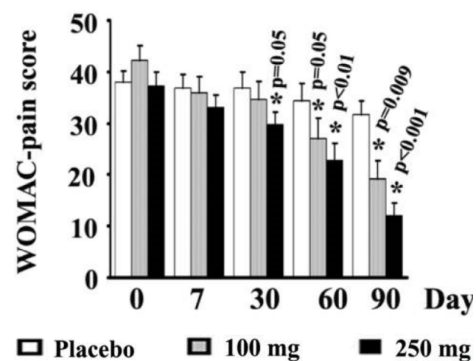


Figure 1. Outcome measure of pain and stiffness for patients taking Boswellia supplement.¹⁰

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