

Boswellia Complex

M1150 / M1155

Quality is our Passion
 Passion Flower (*Passiflora incarnata*)

Boswellia Complex

Boswellia Complex is a unique combination of *Boswellia serrata* gum oleoresin, Celery Seed, Ginger rhizome and Turmeric rhizome.*

How Boswellia Complex Keeps You Healthy Maintains and supports healthy joints

Extract of Boswellia oleoresin containing an appropriate amount of boswellic acids can help maintain healthy joint tissue. Top quality Boswellia may do this by addressing the release of compounds called leukotrienes.¹ (Leukotrienes are involved in the body's normal inflammation response.) It may also help maintain the integrity of the cartilage.¹ (Cartilage is a type of connective tissue that provides flexibility at joints.)*

Celery Seed supports healthy joints.² It is traditionally thought to do this by supporting the normal function of the kidneys to clear acidic waste products.³ This means that the waste products do not get deposited in other tissues, such as the connective tissue or fluid around the joints, and helps keep the joint healthy.*

Ginger is also great support for healthy joints. It may do this by addressing not only the release of leukotrienes, but also the release of prostaglandins.⁴ (Prostaglandins are also involved in the body's normal inflammatory process.)*

Provide antioxidant protection

Turmeric has antioxidant activity.⁵ (Antioxidants help protect cells from the damaging effects of excessive free radicals. Free radicals are highly reactive substances created in the body that may affect cells.) The antioxidant activity is probably due to the curcuminoids (constituents which are responsible for the characteristic yellow color of Turmeric). (Turmeric has been used for centuries as a spice to give flavor and yellow color to curry. Added to food Turmeric also preserves its freshness and nutritive value.⁶)*

What Makes Boswellia Complex Unique

Boswellia Complex is unique in the professional herbal products industry because:

- It states on the label exactly how much each tablet contains of the important plant constituents (boswellic acids, curcuminoids)
- MediHerb tests the quantity of boswellic acids and curcuminoids in Boswellia and Turmeric raw materials
- MediHerb tests the quantity of essential oil and total phthalides in Celery Seed raw materials
- MediHerb's testing also ensures the curcuminoids are retained in the product throughout manufacture

Supplement Facts		
Serving size:	1 tablet	
Servings per container:	30, 90	
Amount per Serving		%DV
Calories	5	
Calcium	40 mg	4%
Boswellia gum oleoresin 7:1 extract from <i>Boswellia serrata</i> gum oleoresin 1.9 g Containing boswellic acids 180 mg	277 mg	†
Celery Seed fruit 6:1 extract from <i>Apium graveolens</i> fruit 1.0 g	166.7 mg	†
Ginger rhizome 5:1 extract from <i>Zingiber officinale</i> rhizome 300 mg	60 mg	†
Turmeric rhizome 25:1 extract from <i>Curcuma longa</i> rhizome 2.0 g Containing curcuminoids 70.4 mg	80 mg	†

† Daily Value (DV) not established.

Other ingredients: Calcium acid phosphate, cellulose, hypromellose, magnesium stearate, silica and sodium starch glycolate.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Product No	Content
M1150	30 Tablets
M1155	90 Tablets



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Associate Professor Kerry Bone
 MediHerb Co-Founder and
 Director of Research and Development

A Phytotherapist's Passion

"Philosopher and teacher Rudolf Steiner once said that, for every human illness, somewhere in the world there exists a plant which is the cure. I believe that there is a healing potential locked inside plants which is integral with their evolution, just as it is part of human evolution to learn to tap this wonderful gift of Nature."

* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Unique Manufacture & Analytical Testing

Quality and safety ensured

- Manufactured in Australia to the high standards of international pharmaceutical Good Manufacturing Practice
- Unique extraction method using cold percolation for the Celery Seed and Ginger components of this tablet (this protects the delicate plant constituents, ensuring a full range of constituents)
- Raw materials and finished product are subjected to tough quality standards, including use of the latest and most relevant chemical analysis methods

References

- ¹ Kimmatkar N, Thawani V, Hingorani L et al. *Phytomedicine* 2003; **10**(1): 3-7
- ² British Herbal Medicine Association's Scientific Committee. *British Herbal Pharmacopoeia*. BHMA, Bournemouth, 1983
- ³ Mills S. *The Dictionary Modern Herbalism*. Thorsons, London, 1989.
- ⁴ Srivastava KC, Mustafa T. *Med Hypotheses* 1992; **39**(4): 342-348
- ⁵ Ramirez-Bosca A, Soler A, Gutierrez MAC et al. *Age* 1995; **18**(4): 167-168
- ⁶ Joe B, Vijaykumar M, Lokesh BR *Crit Rev Food Sci Nutr* 2004; **44**(2): 97-111



Quality is our Passion

MediHerb products are developed by experts and leaders in the field of herbal therapy, using scientific evidence and hundreds of years of traditional knowledge.

Kerry Bone and over 20 health care professionals work within MediHerb while still managing their own clinical practices, plus we consult with an advisory board of health care professionals from around the world.

Our products are made using only the highest quality ingredients which are extensively tested for purity and potency. The MediHerb manufacturing plant operates to a strictly regulated pharmaceutical standard and is regularly audited by the Therapeutic Goods Administration (similar to the FDA), the same body that audits conventional pharmaceutical manufacturing facilities. The comprehensive regulations in Australia mean that you receive a safe and effective product that has been manufactured to pharmaceutical standards.

We know from our experience as health care professionals that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver health solutions that work.



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