Overview:

Inflama-Med™ provides clinically studied boswellia and curcumin extracts to support the body’s natural inflammatory response, especially in the lungs and digestive tract.*

How it Works:

Respiratory and intestinal health concerns are linked by a common underlying factor – leukotriene activity. Boswellia and curcumin exert their beneficial effects via support of a healthy leukotriene response and immune system modulation, as well as protection from oxidative stress.*

BosPure® Boswellia

Boswellia is a moderate to large branching tree found throughout India, Northern Africa, and the Middle East. Strips of bark are peeled away from the tree, yielding a gummy resin. Also known as frankincense, extracts of this gummy resin have been used in Ayurvedic medicine for thousands of years. Boswellia exerts its beneficial effects by supporting a healthy inflammation response via modulation of the 5-lipoxygenase (5-LOX) pathway and supporting healthy leukotriene levels.*1,2

Inflama-Med features a unique extract of boswellia called BosPure®, which is high in naturally-occurring AKBA (acetyl-11-keto-β-boswellic acid), the most active component in boswellia. BosPure® contains >10% of AKBA, compared to unstandardized boswellia extracts, which can have as little as 1% of AKBA. BosPure® Boswellia is also purified to reduce β-boswellic acid (BBA), a boswellic acid that actually promotes inflammation, to less than 5%.3 Unstandardized boswellia products can contain as much as 25% BBA. By screening out the BBA and standardizing the AKBA content, BosPure® Boswellia provides much greater benefits.
The BosPure® Difference:

<table>
<thead>
<tr>
<th></th>
<th>65%-70% Boswellia Serrata Extracts</th>
<th>BosPure®</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Organic and Boswellic Acids via Titration</td>
<td>65%-70%</td>
<td>70%</td>
</tr>
<tr>
<td>Total Boswellic Acids via HPLC</td>
<td>20%-40%</td>
<td>40%-45%</td>
</tr>
<tr>
<td>Acetyl-11-Keto-β-Boswellic Acid</td>
<td>1%-3%</td>
<td>10% Minimum</td>
</tr>
<tr>
<td>β-Boswellic Acid</td>
<td>20%-25%</td>
<td>&lt;5%</td>
</tr>
</tbody>
</table>

BCM-95® Curcumin:

Curcumin is a compound from turmeric, a spice used traditionally as a food ingredient and as a botanical in Ayurvedic medicine. Benefits associated with curcumin include: immune system support, protection from oxidative stress, and support of a healthy inflammatory response.*4-9

While curcumin has shown great promise for many benefits, it is not easily absorbed. Until now, clinical trials have had to use increasingly larger dosages (up to 10-12 grams daily) in order to get even a small amount into the bloodstream. Efforts to make curcumin more absorbable have included combining it with lecithin, a lipid generally sourced from soy, and/or piperine, a compound from black pepper.

Adding lecithin is one option that can increase absorption, and published studies on rats have indicated that this may boost absorption five-fold over plain curcumin. There have not yet been human absorption studies published on this delivery method. Piperine presents potential issues with drug interactions because of its influence on the metabolism of drugs in the liver. It is contraindicated for concomitant use with most prescription medications, including anti-seizure, cardiac, blood pressure and cancer drugs.

Inflama-Med™ features BCM-95® Curcumin, a specialized, highly absorbable curcumin. BCM-95® Curcumin has been clinically tested and shown in published studies to have up to 10 times the absorption and greater blood retention time at meaningful levels than standard curcumin extracts.10-11

BCM-95® Absorption:
Clinical Evidence:

The combination of BosPure® Boswellia and BCM-95® Curcumin featured in Inflama-Med can support a healthy inflammation response throughout the body, especially the respiratory and digestive systems.*

Intestinal Health*

Boswellia has also been studied for its support of the body’s inflammatory response in the colon. In one double-blind, placebo-controlled clinical trial, participants took either boswellia or a placebo three times daily for a duration of six weeks.12 At the end of the six weeks, 63% of the participants in the boswellia group experienced greater digestive comfort versus 26% in the placebo group.*

In another clinical study, participants were either given boswellia or a conventional intervention three times daily.13 The results for boswellia were very positive. A follow-up study showed similar results, with 18 of the 20 participants given boswellia showing significant support for intestinal health.14 The authors of the study concluded that boswellia could be an effective intervention because of this – and the lack of side effects.*

Curcumin has also been clinically studied to support intestinal health and promote healthy bowel function. In a randomized, multi-center, double-blind, placebo-controlled trial, 89 participants were assigned to a six-month regimen of either a combination of curcumin/conventional intervention or a combination of placebo/conventional intervention.*15 At the end of the six months, a greater percentage of the curcumin group experienced significant support versus the placebo group.*

In one pilot study, researchers concluded that curcumin’s antioxidant abilities and support for a healthy inflammatory response were responsible for its noted benefits.*16 This is similar to conclusions seen in an earlier partially blinded, randomized, pilot study where 207 healthy adults were randomly assigned to receive either one or two tablets of a standardized curcumin extract daily for 8 weeks. Participants noted optimal benefits for healthy digestion and support of a healthy inflammatory response.*17

Respiratory Health*

In a double-blind, placebo-controlled trial, 40 participants were given either boswellia or placebo three times daily for six weeks. At the conclusion of the study, 70% of participants reported marked benefits for healthy lung function and airway health compared to 27% in the control group.*18

In another clinical study, boswellia and turmeric were two of three botanicals in a combination that showed similar results. In this placebo-controlled study, 63 patients were divided into two groups; one received the herbal combination [boswellia (Boswellia serrata), licorice root (Glycyrrhiza glabra) and turmeric root (Curcuma longa)], the other a placebo. At the end of the 4 week study, the herbal group showed a statistically significant support for a healthy inflammation response.*19

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT DISEASE.
As herbal support for a healthy inflammatory response, curcumin has been scientifically studied for its beneficial effects on respiratory health through the NF-kappaB pathway and a moderating effect on the expression of genes involved with the inflammation response in the bronchial airways.\(^{20-22}\)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Purpose in Inflama-Med™</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BosPure® Boswellia:</strong></td>
<td>BosPure® features standardized levels of those compounds – specifically acetyl-11-keto-β-boswellic acid (AKBA) – that greatly increase the effectiveness of the extract and is screened for β-boswellic acid (BBA), a compound that can interfere with beneficial activity.(^{1,2})</td>
</tr>
<tr>
<td><strong>BCM-95® Curcumin:</strong></td>
<td>Clinically tested and shown to have <strong>up to 10 times</strong> the absorption and greater blood retention time at meaningful levels than standard curcumin extracts.(^{10,11})</td>
</tr>
</tbody>
</table>

**Dosage:** 1 softgel daily, or as recommended by your healthcare practitioner.

**References:**


*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT DISEASE.*

*BosPure® and BCM-95® are registered trademarks of Dolcas-Biotech.*

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT DISEASE.*