



For the relief of **lower back pain**.
Contains herbs traditionally used for
the relief of **joint aches and pains**,
soreness and mild joint swelling;
mild migraine and headache in
traditional Chinese medicine.

KEY BENEFITS

- ✓ Relieves low back pain
Traditionally used in traditional Chinese (TCM) and Western herbal medicine (WHM) to:
- ✓ Relieve symptoms of mild osteoarthritis, sciatica and gout
- ✓ Relieve symptoms of tendonitis and bursitis (shoulder)
- ✓ Aid in the management of mild musculoskeletal inflammation and swelling
- ✓ Enhance joint mobility and connective tissue strength
- ✓ Relieve headaches and mild migraines

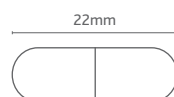
PRODUCT FEATURES

- ✓ Contains standardised extracts of white willow bark and boswellia, which have pain-relieving and anti-inflammatory properties
- ✓ Plus herbs used in TCM to help alleviate pain and support musculoskeletal aches and inflammation

ACTIVE INGREDIENTS PER TABLET

White willow (<i>Salix alba</i>) stem bark	5g
equiv. to salicin	20mg
Boswellia (<i>Boswellia serrata</i>) gum oleoresin	700mg
equiv. to boswellic acid	113.75mg
Acanthopanax (<i>Eleutherococcus nodiflorus</i>) root bark	400mg
Eucommia (<i>Eucommia ulmoides</i>) stem bark	400mg
Large leaf gentian (<i>Gentiana macrophylla</i>) root	300mg
Hairy angelica (<i>Angelica pubescens</i>) root	275mg
Fang feng (<i>Saposhnikovia divaricata</i>) root	275mg
Atractylodes (<i>Atractylodes macrocephala</i>) root	100mg

Suitable for vegans & vegetarians. NO artificial colours, flavours or preservatives, gluten, wheat, nuts, dairy or animal products.



DOSAGE

Adults: Take 2 tablets once or twice daily.
For lower back pain take 2 tablets 3 times daily.

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

CAUTIONS/CONTRAINDICATIONS

- Contraindicated in those with salicylate allergy.
- 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 philosophy 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.

Pain & Inflammation contains a synergistic blend of Chinese herbs including fang feng traditionally used to disperse Wind-Damp, alleviate painful obstructions (for example in the joints, or head), aid the smooth flow of *Qi*, and support the health of the bones and tendons.

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Willow bark has anti-inflammatory and analgesic properties. Used in traditional Western herbal medicine to relieve mild muscular and rheumatic pain and gout.



Boswellia is traditionally used in Ayurvedic Medicine for its anti-rheumatic properties.



Angelica is traditionally used in TCM to relieve headache.



Fang feng is traditionally used in TCM to dispel Wind, Cold, and Dampness and relieve pain by relieving Bi Zheng (painful obstruction syndrome) to relieve bursitis of the shoulder, mild osteoarthritis, joint swelling, mild sciatica and mild migraine.

Formula is further supported with eucommia, atractylodes, large leaf gentian and acanthopanax.



COMPANION PRODUCTS

Curcumin Advanced - Herbal anti-inflammatory formula to help relieve mild osteoarthritis symptoms.



Tienchi Ginseng - Helps relieve bruising and soft tissue injury, pain and swelling in TCM.