IF Relief

Stock #1175-4 (90 capsules)

Inflammation and oxidative stress, which increase free radical production and the resulting cellular degeneration, are recognized factors in many chronic and degenerative diseases, including cancer, cardiovascular disease, diabetes, hyperlipidemia (elevated fats in the blood), hypertension (high blood pressure), metabolic syndrome, obesity and neurodegenerative disorders such as Parkinson's disease and Alzheimer's disease. Inflammation and oxidative stress resulting from intense exercise or physical activity are also associated with decreased physical performance, muscular fatigue and muscle damage. Research suggests that supplementation and a diet rich in nutrients that help decrease inflammation and oxidative stress may offer protection against disease development and progression and increase longevity.[1-7]

IF Relief contains a blend of herbal extracts that have demonstrated significant antioxidant, analgesic (pain-relieving) and anti-inflammatory effects. Each of the herbs in IF Relief has a long history of use in traditional and folk medicine for relief of pain and inflammation associated with arthritis, backache, headaches and other inflammatory conditions. Each capsule of IF Relief contains:

Andrographis paniculata is used therapeutically as a prophylactic (preventative measure) for the common cold; to boost immune function in bacterial and viral infections; and to relieve fever. Andrographis has also demonstrated significant antioxidant and anti-inflammatory effects in animal studies. Not only has andrographis been shown to inhibit the formation of oxygen-derived free radicals, but also to increase levels of antioxidant enzymes such as superoxide dismutase (SOD). Furthermore, research indicates that the active ingredients, andrographolide and neoandrographolide, appear to be responsible for much of the herb's analgesic, antioxidant and anti-inflammatory effects. Generally there are few side effects associated with the use of andrographis, and it has extremely low toxicity. However, the anti-fertility effect demonstrated in female mice (although high doses were used) suggests that andrographis should not be used by women who wish to become pregnant or during pregnancy, especially in the first trimester.[8-18]

Boswellia is a traditional remedy in Ayurvedic medicine in India that is used for the treatment of chronic inflammatory diseases,arthritis and low back pain. Multiple studies have confirmed boswellia's anti-inflammatory, anti-arthritic and analgesic activity, while clinical trials have shown promising results in patients with rheumatoid arthritis, chronic and ulcerative colitis, and Crohn's disease. For example, a randomized, double-blind placebo-controlled study involving 30 patients with osteoarthritis of knee found that all those receiving boswellia experienced a decrease in knee pain and frequency of swelling, as well as increased knee flexion and increased walking distance. Boswellia contains active substances known as boswellic acids, which have demonstrated potent anti-inflammatory properties. Boswellic acids work by inhibiting the production of leukotrienes—pro-inflammatory compounds that are believed to perpetuate chronic inflammatory diseases.[19-28]

Mangosteen is a tropical fruit native to Malaysia and Indonesia. Scientists have discovered that mangosteen contains a class of naturally occurring compounds known as xanthones, which demonstrate potent antioxidant, anti-inflammatory and neuroprotective (protecting against nerve damage) effects. One particular xanthone, gamma-mangostin, has exhibited some of the most active antioxidant activity of all the xanthones. Gamma-mangostin has also demonstrated anti-inflammatory activity in animal studies, by potently inhibiting the production of prostaglandin E2 (PGE2), as well as directly inhibiting cyclooxygenase-2 (COX-2) activity. Prostaglandins are hormone-like substances that regulate many cellular functions within the body, including inflammatory processes. COX-2 is an enzyme responsible for the formation of prostaglandins that promote inflammation.[29-37]

Turmeric has been used for centuries in the Chinese and Ayurvedic systems of medicine, particularly as an anti-inflammatory and anti-arthritic agent. Modern research has shown that turmeric contains antioxidants known as curcuminoids, which demonstrate potent antioxidant and anti-inflammatory properties. Curcumin, the primary active curcuminoid, exhibits antioxidant activity that is comparable to vitamins A, C and E. In addition, there is preliminary data to suggest that curcumin may provide anti-inflammatory activity comparable to NSAIDs (non-steroidal anti-inflammatory drugs). Research indicates that turmeric's antioxidant and anti-inflammatory properties are due largely to curcumin's ability to protect DNA from breakage by singlet oxygen free-radicals and inhibit the activity of pro-inflammatory compounds, including leukotrienes, prostaglandins and COX-2. Use of curcumin has been shown to be safe in human trials, indicating no dose-limiting toxicity when administered at doses up to 10 grams (10,000mg) per day.[38-48]

White willow bark contains the active ingredient salicin, which is metabolized in the body into salicylic acid—a chemical relative of acetylsalicylic acid and the active ingredient in aspirin. Salicylic acid helps relieve inflammation

and pain by inhibiting COX-2 activity. COX-2 (cyclooxygenase-2) is an enzyme that stimulates the release of hormone-like compounds called prostaglandins, which cause inflammation and pain. Thus, willow bark is predominantly used as a natural anti-inflammatory for symptomatic relief of gouty arthritis and as an analgesic for mild neuralgic pains (nerve-related pain), toothaches and headaches. The German Commission E has approved willow bark for rheumatic ailments, headaches, and diseases accompanied by fever. A number of clinical studies have proven the efficacy of willow bark extract in painful inflammatory and degenerative rheumatic diseases, while randomized, double-blind studies have found standardized willow bark extract to be far more effective than placebo for treating chronic low back pain and osteoarthritis. In addition, a randomized, controlled clinical trial comparing the effects of willow bark extract to the prescription drug rofecoxib (a synthetic COX-2-inhibitor) found no significant difference in effectiveness between the two treatments, other than willow bark was about 40% less expensive than the drug. It is important to note that willow bark does not interfere with coagulation—it does not prolong bleeding time, nor does it inhibit platelet aggregation. In addition, willow bark's active ingredients are metabolized by the liver, by-passing the gastrointestinal tract and thus, avoiding gastrointestinal irritation.[39,49-56]

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