



## ArthoMed™

60 count #70196

Technical Data Sheet

### Overview:

ArthoMed™ is a proprietary formula that effectively promotes collagen formation and health, plus the regeneration of cartilage by balancing COX-2 and 5-LOX enzymes and major signaling and biological pathways of the body. ArthoMed combines BCM-95® curcumin with the clinically-tested BosPure® boswellia extract, plus devil's claw and Indian gooseberry (amla) extracts that help block the activity of COX-2, and support cartilage and collagen structure.\*

### BCM-95® curcumin:

ArthoMed™ contains a uniquely absorbable form of curcumin called BCM-95®. Curcumin is a compound from turmeric, used traditionally as a spice, food ingredient, and as a botanical in Ayurvedic medicine. Benefits associated with curcumin include: immune system modulation, protection from oxidative stress, and support for the body's natural inflammatory response.\* However, although curcumin has shown great promise for these many benefits, it is not easily absorbed.<sup>1-8</sup>

Efforts to make curcumin more absorbable have included standardization (to 95%), and combining with lecithin and/or piperine. While standardization is common, it still hasn't resulted in absorption and sustained plasma levels of curcumin needed to see the most benefit. In fact, clinical trials have used increasingly larger dosages (up to 10-12 grams daily) in order to get even a small amount into the bloodstream. Adding lecithin is one option that *does* increase absorption to a point (up to 5-fold in a small rat study), but piperine presents potential issues with significant prescription interactions and liver function.

BCM-95® combines micronized curcumin from turmeric (*Curcuma longa*), that is re-blended with the essential oil of turmeric for excellent absorption. Comparison testing shows it has up to 10 times better absorption and greater blood retention time than standard 95% curcumin extracts and 500 times more than plain turmeric.\*<sup>1,8</sup>

**BosPure® boswellia** (*Boswellia serrata*) Boswellic acids are most associated with support of the body’s anti-inflammatory ability, but not all boswellic acids have beneficial effects. In fact, the presence of the less desirable beta-boswellic acid, can potentially promote, rather than block, inflammatory compounds. BosPure® is screened in a manner that reduces beta-boswellic acid content to less than 5%, and assures that at least 15% or more of the extract includes acetyl-11-keto-β-boswellic acid (AKBA) – that greatly increases its benefit.\*<sup>9,10</sup>

**Devil’s claw** (*Harpagophytum procumbens*) is a low-growing perennial found only in southern Africa. It is known by several common names, but is called “devil’s claw” because of its fruit, which is dark with hook-shaped “claws” that curve back onto themselves. Devil’s claw was very well-regarded among traditional practitioners in southern Africa, and was introduced into Europe by the mid-1900’s. The extract used in ArthroMed has been found to inhibit expression of COX-2 by up to 31% and **increase hyaluronic acid synthesis in chondrocytes, which can improve joint lubrication, by up to 41%.**\*<sup>11-16</sup>

**Indian gooseberry** (*Emblica officinalis*) is also known as *Amla*, and has a long history of use in Ayurvedic medicine. The extract in ArthroMed is standardized to contain at least 30% total polyphenol content providing a minimum of 20% embilicanin, one of amla’s strong, best-studied antioxidant components. It is highlighted in this formula because embilicanin has been shown to support chondrocytes for healthy collagen and cartilage formation.\*<sup>17,18</sup>

**How it Works:**

Ingredient	Purpose in ArthroMed™
<p><b>BCM-95®</b> curcumin: Clinically tested and shown to have up to 10 times the absorption and blood retention time than standard 95% curcumin extracts.<sup>1,8</sup></p>	<p>Benefits associated with curcumin include: immune system modulation, protection from oxidative stress, and support for the body’s natural inflammation response.* Balances multiple inflammation pathways in the body, including COX-2.*<sup>1-8</sup></p>
<p><b>BosPure® boswellia</b> (<i>Boswellia serrata</i>) BosPure® is screened in a manner that reduces beta-boswellic acid content to less than 5%, and assures that at least 15% or more of the extract includes acetyl-11-keto-β-boswellic acid (AKBA) – that greatly increases its benefit.<sup>9,10</sup> BosPure has up to a 2-fold greater impact on natural inflammatory factors compared to standard boswellia extracts.*<sup>9-10</sup></p>	<p>Helps reduce 5-LOX (lipoxygenase) activity, and works synergistically with curcumin to support healthy inflammation balance.*<sup>9,10</sup></p>
<p><b>Devil’s claw</b> (<i>Harpagophytum procumbens</i>) is a low-growing perennial found only in southern Africa. The extract used in ArthroMed is standardized to contain &gt;20% harpagosides (by HPLC). Harpagoside is one of the primary compounds in plant that is considered to have beneficial effects.*<sup>11,12</sup></p>	<p>Research has found that its beneficial effects are due to its ability to reduce the activation of the NF-kappaB, TNF-alpha, IL-6, and inhibit the expression of COX-2.*<sup>11-14</sup> The extract used in this formula has been found to inhibit expression of COX-2 by up to 31% and <b>increase hyaluronic acid synthesis in chondrocytes, which can improve joint lubrication,</b></p>

	<b>by up to 41%.*<sup>15,16</sup></b>
<b>Indian gooseberry</b> ( <i>Emblica officinalis</i> ), also known as <i>Amla</i> , has a long history of use in Ayurvedic medicine. The extract in ArthroMed is standardized to contain >30% total polyphenol content with embilicanins >20%.	It is a potent antioxidant and has been shown to support chondrocytes for healthy collagen and cartilage formation.* <sup>17, 18</sup>

**Dosage:** 1 to 2 capsules daily or as directed by a healthcare professional.

### References:

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