# WE EARN YOUR TRUST, ONE BOTTLE AT A TIME

rn labs PRODUCTS


## InflamaSoothe Trio

RN Lab's InflamaSoothe Trio delivers a synergistic formulation that helps reduce oxidation, inflammation and pain, offering the potential to support a broad range of inflammatory health conditions.

- Synergistic blend of potent anti-inflammatory compounds
- Micronised and phytosomal forms ensure maximum clinical efficacy at lower doses
- Capable of targeting numerous types of chronic pain
- May help relieve muscle aches and joint pain/stiffness
- May reduce severity of menstrual cramps

| **Inflamasoothe Trio 60 capsules** | AUST L 390938 |
|---|---|
| Each Vegetarian Capsule Contains: | |
| Palmidrol (PEA) | 150 mg |
| Casperome® Boswellia Phytosome® | 125 mg |
| Contains Boswellia serrata gum ext. | 42 mg |
| Equiv. to Boswellia serrata dry gum | 378 mg |
| Equiv. Boswellic Acids | 31 mg |
| Meriva® Curcumin Phytosome® | 125 mg |
| Meriva® Curcumin Phytosome® | 25 mg |
| Equiv. to Curcuma longa dry rhizome | 4.13 g |
| Equiv. Curcuminoids | 25 mg |
| Excipients: Leucine, Hypromellose (Capsule), Lecithin (Sunflower), Microcrystalline Cellulose, Calcium Hydrogen Phosphate Dihydrate, Colloidal Anhydrous Silica.<br><br>Suitable for vegans. | |

GLUTEN FREE · DAIRY FREE · EGG FREE · YEAST FREE · SOY FREE · SUGAR FREE · NO HARSH ADDITIVES · VEGAN

# Research Highlights

## *IMPROVING JOINT FUNCTION*

A three-month study of Curcumin Phytosome, showed a decrease in joint pain and improvement in joint function in 50 osteoarthritis (OA) patients. Since OA is a chronic condition requiring prolonged treatment, the long-term efficacy and safety of Curcumin Phytosome were investigated in a longer (eight month) study involving 100 OA patients.

Significant improvements of both the clinical and biochemical end points were observed for Curcumin Phytosome compared to the control group.

This, coupled with an excellent tolerability, suggests that Curcumin Phytosome is worth considering for the long-term complementary management of osteoarthritis.

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## *IMPROVING OSTEOARTHRITIC PAIN*

Osteoarthritis (OA) is one of the most common degenerative diseases of joints. Oral *Boswellia serrata* extracts, taken alone or in combination with other ingredients, appears to reduce pain and improve function in osteoarthritis.

Randomised, controlled trials in patients with knee osteoarthritis have shown a reduction in pain and improved function when compared with placebo (reduction in pain was first reported within 7 days of treatment). Providing further evidence on the efficacy of *Boswellia serrata* extract in the management of pain and inflammatory conditions.

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## *IMPROVING NEUROPATHIC PAIN*

Studies show that where there is pain, tissue inflammation and damage within the nervous system (and associated body organs), administration of PEA can be beneficial.

This is due to PEA's binding capacity to neuronal receptors to modulate neuropathic and chronic pain, as well as inhibiting inflammation.

A study conducted by Esposito & Cuzzocrea demonstrated that PEA was able to not only modulate pain, but also tissue injury associated with spinal cord trauma with significantly reduced spinal cord inflammation, and ameliorated recovery of motor function through repeated administration 30 minutes before and 1 and 6 hours after trauma occurred (showing both structural and metabolic benefits or pain and inflammation-related conditions).

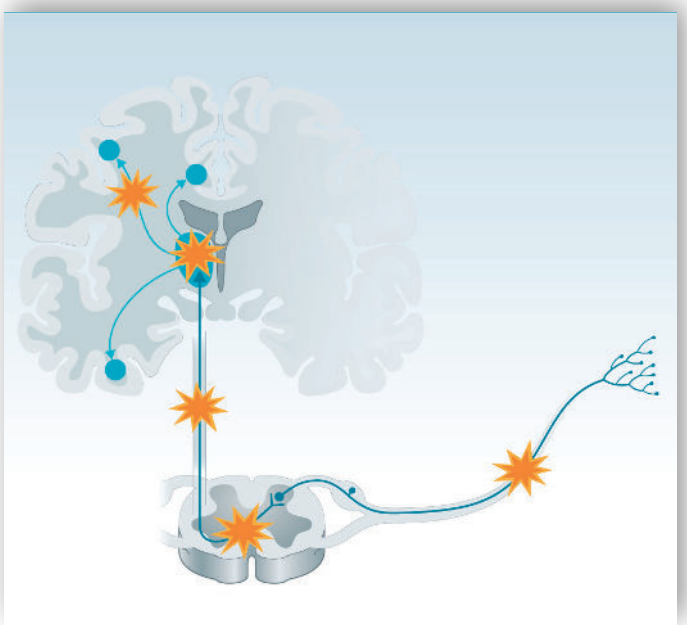


*Image: Finnerup et al. (2019)*

# Research Highlights

## *RELIEVING MENSTRUAL CRAMPS*

InflamaSoothe may be an effective consideration to include within the holistic treatment of those experiencing menstrual pain, and pre-menstrual symptoms.

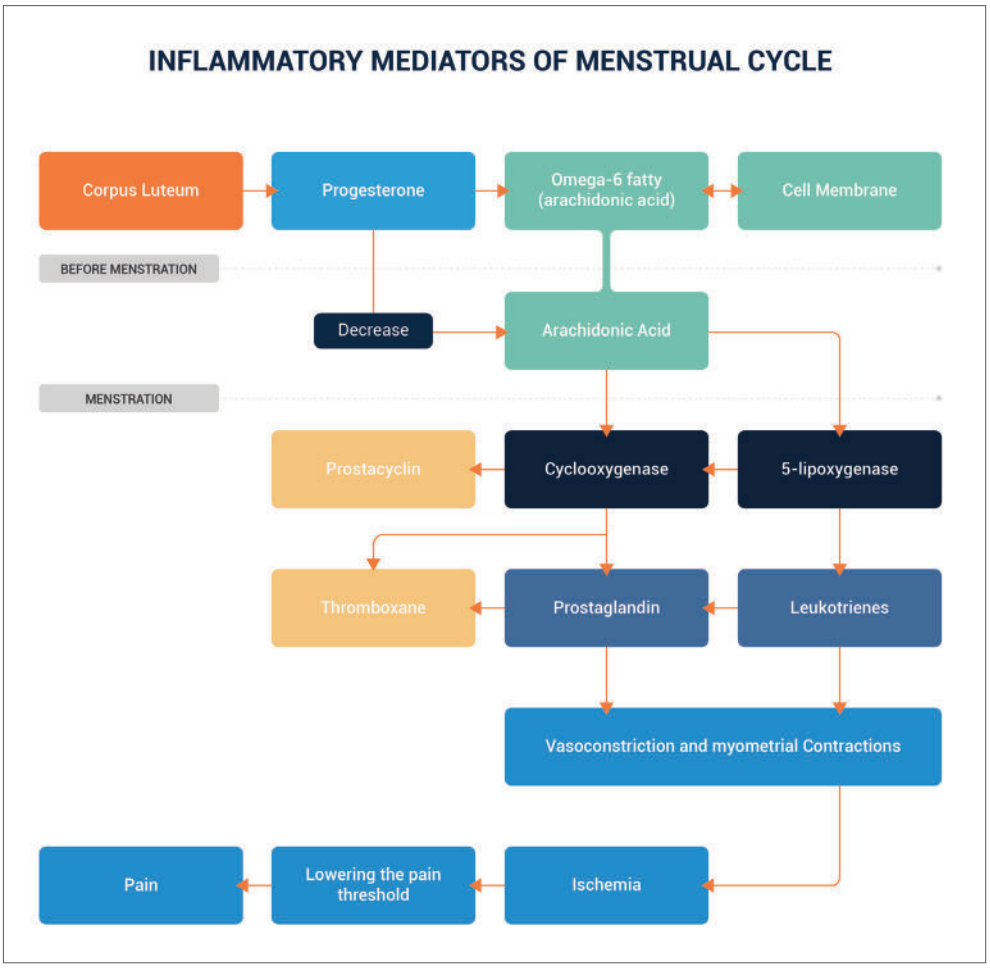
A study by Tabari and colleagues (2020) investigated the effects of a Curcumin (Turmeric) capsule on girls with dysmenorrhoea. At the end of the two month study, a significant improvement in both severity and duration of pain was recorded in the treatment group, when compared with the placebo group.

Altered luteal serum brain-derived neurotrophic factor (BDNF) may play a role in a set of symptoms of premenstrual syndrome (PMS). A study by Fanaei and colleagues (2016) determined that Curcumin enhanced serum BDNF levels, and also lowered the mean scores of PMS symptoms (mood, behavioural and physical symptoms).

An observational study by Gatti and colleagues (2012) aimed at assessing the safety and efficacy of palmitoylethanolamide (PEA) in reducing pain severity in patients with different pathological conditions.

Patients in the study were given 600mg of PEA twice daily for 3 weeks, and subsequently received a single daily dose for 4 weeks, in addition to both standard analgesic treatments or as a single therapy. The PEA was found to significantly decrease the mean pain intensity score. This effect was independent of the pain associated pathological condition, and was also present in patients without concomitant analgesic therapy.

Part of the anti-inflammatory mechanisms of Boswellia are thought to include inhibition of prostaglandins (Majeed, 2019), which may play a significant role in the pathophysiology of menstrual pain.




*Flow chart adapted from: Barcikowski et al, 2020*

# Directions for Use

## SUGGESTED USE

Adults take 1-4 capsules per day, with or without food.

TGA guidelines specify a maximum of 600mg of PEA per day (4 capsules) due to limitations in study data available. However, practitioners retain the right to make dosing recommendations according to their own clinical judgement, knowledge of the case at hand, or their own further research. Some practitioners have used considerably more especially during intensive dosing periods.

GA guidelines specify a maximum dosing duration of 21 days due to limitations in study data available. However, PEA has a long history of being used by practitioners for extended periods.

## STATEMENTS & WARNINGS

FOR PRACTITIONER DISPENSING ONLY.

TThis product is intended for adults only.

Avoid during pregnancy and lactation.

## KNOWN SIDE EFFECTS

At typical doses Curcumin, PEA and Boswellia are generally well tolerated.

## PURE & LOW SENSITIVITY

This product does NOT contain any wheat, gluten, dairy, lactose, egg, yeast, soy, artificial colours, artificial sweeteners, or artificial flavours.

This product also does not contain artificial preservatives, stearate lubricants and other commonly detrimental excipients.

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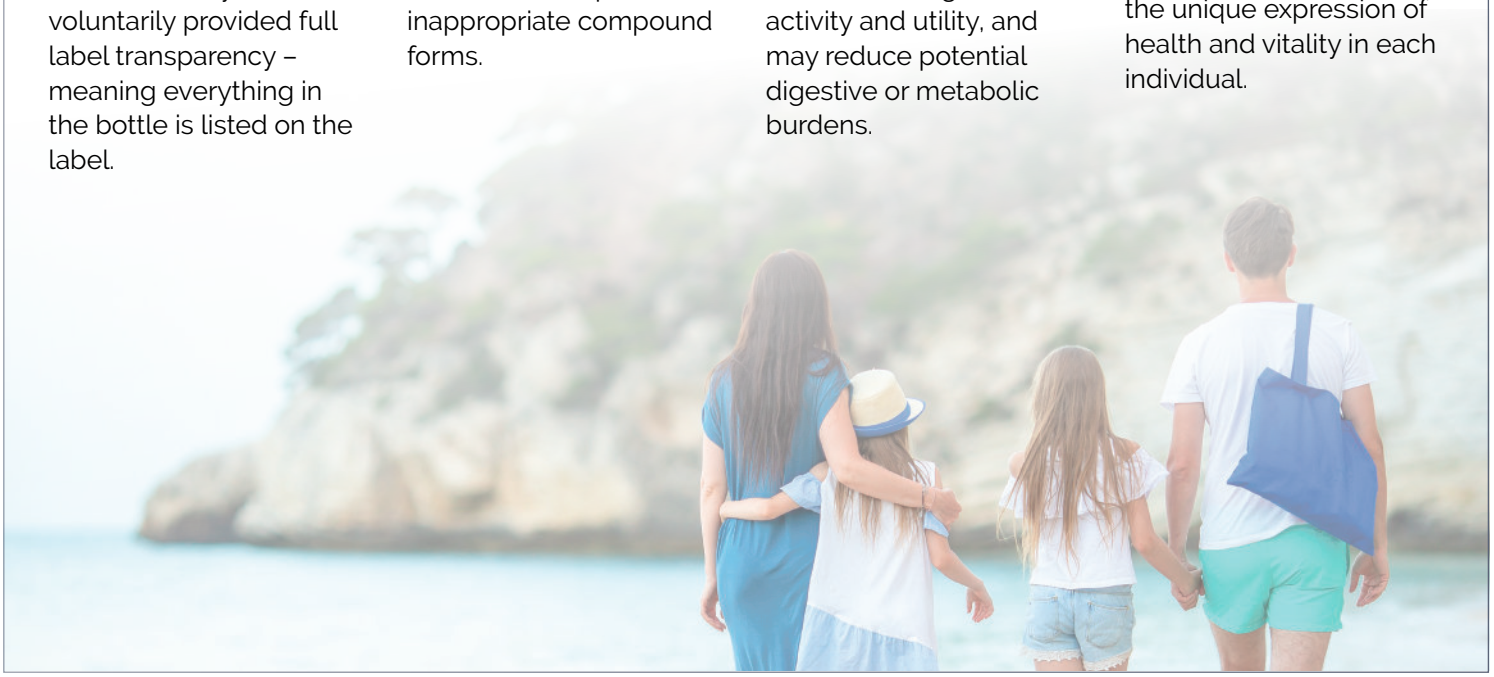

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