



— Your Trusted Source —

Boswellia

Introduced 2001



What Is It?

Boswellia serrata is an Ayurvedic herb with a long history of traditional use for connective tissue and joint support.*

Uses For Boswellia

Joint Comfort: Boswellic acids, the active terpenoid constituents of boswellia, may promote the activity of the enzyme 5-lipoxygenase, maintaining healthy leukotriene metabolism in tissues that surround the joints. In addition, boswellic acids may maintain healthy human leukocyte elastase enzyme activity, helping to maintain healthy connective tissue integrity. The combination of these two actions is believed to be unique to boswellia.*

Colon Health: As a result of its effect on 5-lipoxygenase, boswellia may also play a key role in supporting healthy colon cell function.*

What Is The Source?

Boswellia serrata extract is derived from the gum resin and standardized to contain 70% boswellic acids. Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil. Hypo-allergenic plant fiber is derived from pine cellulose.

Recommendations

Pure Encapsulations recommends 2 capsules daily, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. Rare side effects of boswellia include diarrhea, skin rash, acid reflux and nausea and may be contraindicated in those with pre-existing gastritis or gastro-esophageal reflux disease (GERD). Consult your physician for more information.

Are There Any Potential Drug Interactions?

Studies suggest boswellia moderates 5-lipoxygenase and therefore may interact with leukotriene inhibitors. Consult your physician for more information.

Boswellia

each vegetarian capsule contains  v 00

boswellic acids.....	300 mg
(from Indian frankincense (<i>boswellia serrata</i>) extract (resin))	
ascorbyl palmitate (fat-soluble vitamin C)	10 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	

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