



## Arthro-EaZe

Osteoarthritis is the most common form of arthritis, affecting millions of people worldwide. The non-steroidal, anti-inflammatory drugs (NSAIDs) are the most frequently used medicines to treat osteoarthritis and mild to moderate pain. They all increase the risk of serious side effects, including stomach ulcers, gastrointestinal bleeding, kidney failure, heart attacks and strokes. In recent years, the gum resin extracted from the ancient herb, *Boswellia serrata* has gained lots of attention as a potent anti-inflammatory, anti-arthritis and analgesic agent<sup>1,2</sup>.

3-O-acetyl-11-keto betaboswellic acid (AKBA) is the most active component of *Boswellia* extract and has been demonstrated to be a potent inhibitor of 5-lipoxygenase (5-LOX), a key enzyme in the biosynthesis of leukotrienes from arachidonic acid in the cellular inflammatory cascade<sup>3,4</sup>.

AprexFlex is a novel synergistic composition (Patent Application No. 2229/CHE/2008) consisting of the *Boswellia serrata* extract selectively enriched with AKBA (3-O-Acetyl-11-keto boswellic acid). Process of selectively enriching AKBA is patent protected (Indian patent #205269).

### Arthro-EaZe:

- Reduces osteoarthritis-related pain\*
- Reduces osteoarthritis stiffness\*
- Improves physical functioning in osteoarthritis\*

\*These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure or prevent any disease.





## Key Features of *Boswellia serrata*:

- Inhibits secretion of MMP3- in TNFa-induced human primary chondrocytes: MMP3- (matrix metalloprotease3-) is increased in osteoarthritis and is associated with the degeneration of cartilage as they are involved specifically in the degradation of cartilage<sup>5</sup>.
- Inhibits ICAM1- expression in activated endothelial cells: ICAM1- (intracellular adhesion molecule1-) is involved in the inflammatory process<sup>5</sup>.

### Dosage:

Adults take one capsule daily with water before meals or as directed by a physician.

### Precautions:

In pregnancy, breast feeding or patients taking prescription and non-prescription medications.

### Packaging:

Bottle containing 60 capsules.

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#### References:

- 1.Singh GB, Atal CK. Pharmacology of an extract of salai guggale-Boswellia serrata, a new non-steroidal anti-inflammatory agent. Agents Actions 1986; 18: 407-412.
- 2.Ethan B, Heather B, Theresa DH, Ivo F, Sadaf H, Jens H, David S, Catherine U. Boswellia: An evidence-based systematic review by the natural standard research collaboration. J Herbal Pharmacother. 2004; 4: 63-83.
- 3.Safayhi H, Mack T, Sabieraj J, Anazodo MI, Subramanian LR,Ammon HPT. Boswellic acids: novel, specific, nonredox inhibitors of 5-lipoxygenase. J Pharmacol. Exp. Ther. 1992; 26:1143-1146.
- 4.Sailer ER, Subramanian LR, Rall B, Hoernlein RF, Ammon HPT,Safayhi H. Acetyl-11-keto- $\beta$ -boswellic acid (AKBA): structure requirements or binding and 5-lipoxygenase inhibitory activity. Br. J Pharmacol. 1996; 117: 615-618.
- 5.Sengupta K1, Krishnaraju AV, Vishal AA, Mishra A, Trimurtulu G, et al. Comparative efficacy and tolerability of 5-Loxin and AflapinAgainst osteoarthritis of the knee: a double blind, randomized, placebo controlled clinical study. Int J Med Sci. 2010 Nov 1;7(6):366-77.

