



Pain Relief Complex*

Natural pain relief for occasionally overworked joints*

THE CHALLENGE

Pain Relief Complex effectively relieves pain caused by occasional overexertion, using a patent-pending blend of boswellia extract and safflower extract. It also promotes flexibility and overall comfortable movement after exercise. Plus, Pain Relief Complex is gentle on the stomach.*

Every day, many of us push our bodies to the limit — whether it's long morning jogs or bending and lifting things at work all day. In the end, our bodies, and especially our joints, pay the price. Pain. It is the body's natural warning system, and it deserves a natural response. Pain Relief Complex* can help.

PAIN RELIEF COMPLEX*

Pain Relief Complex* is a patent-pending blend of natural plant extracts that provides relief, often within just a few weeks.

- Relieves pain and discomfort caused by occasional overexertion*¹
- Promotes flexibility and comfortable movement after exercise*¹
- Features a patent-pending combination of clinically proven *Boswellia serrata**² extract and proprietary, patent-pending safflower extract for natural pain relief for occasionally overworked joints*
- Is gentle on the stomach

WHO WILL BENEFIT FROM PAIN RELIEF COMPLEX*?

- Those experiencing pain due to occasional overexertion
- People who participate in strenuous recreational activities, especially "weekend warriors" who normally get insufficient exercise to stabilize joints by increasing muscle strength
- Those who place repetitive stress on their joints at home or work — an increasingly common problem given that the incidence of repetitive joint stress has tripled in recent years

HOW SHOULD IT BE USED?

- The recommended serving of Pain Relief Complex* is three capsules daily
- Pain Relief Complex* can be taken with or between meals
- Not intended for pregnant or nursing women
- For children under 12, consult a health care professional

SCIENTIFIC EVIDENCE IN SUPPORT OF THE INGREDIENTS IN PAIN RELIEF COMPLEX*

Boswellia extract

- A controlled clinical trial found that a daily dosage of 1,000 mg of boswellia extract taken in divided doses significantly improved joint discomfort, knee flexion, and walking distance.¹
- In a clinical study, an extract containing boswellic acids was shown to promote comfortable joint movement.²

Safflower extract

- The benefits of the safflower are newly discovered in the West, but have a long tradition of use in Asia.³

WHY CHOOSE PAIN RELIEF COMPLEX*?

- Relieves discomfort caused by occasional overexertion*
- Promotes comfortable joint movement after exercise
- Offers a complementary, patent-pending combination of clinically tested, natural ingredients
- Gentle on the stomach and contains no aspirin
- Star-K kosher certified

SCIENTIFIC REFERENCES

- 1 Kimmatkar et al. Efficacy and tolerability of *Boswellia serrata* extract in treatment of osteoarthritis of knee: a randomized double blind placebo controlled trial. *Phytomedicine*. 2003;10:3-7.
- 2 Etzel R. Special extract of *Boswellia serrata* (HI5) in the treatment of rheumatoid arthritis. *Phytomedicine*. 1996;3:91-94.
- 3 Hsu HY. *Oriental Materia Medica. A Concise Guide*. 1986. New Canaan, CT, Keats Publishing Inc. and Oriental Healing Arts Institute, Long Beach, CA.

Pain Relief Complex*

Supplement Facts		
Serving Size: 3 Caplets		Servings Per Container: 30
	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	2 g	< 1%**
Boswellia extract (<i>Boswellia serrata</i>) (resin) Standardized to 40% total Boswellic acids	1000 mg	†
Safflower extract (<i>Carthamus tinctorius</i>) (flower)	150 mg	†

** Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Sorbitol, Calcium Stearate, Croscarmellose Sodium.

*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.

We stand behind each and every one of our products. The ingredients, purity, safety, and performance of all our Nutrition, Healthy Home, and Personal Care products are 100% guaranteed.



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