

Anti-Pain™



Dr. Kirk E. Manson
Chiropractic Physician

Clinical Applications

- Promotes Physical Well-Being and Comfort*

Anti-Pain™ is a patent-pending proprietary formula that combines very high grade Devil's Claw, Black Currant, Green-Lipped Mussel, Willow Bark, Feverfew, Meadowsweet and White Birch.

All aaahh ChiroSpa® Formulas Meet or Exceed cGMP quality Standards

Discussion

Anti-Pain™, a member of aaahh ChiroSpa's Exclusive and Patented ("EP") line, is the result of aaahh ChiroSpa's partnership with Biotanika™, a Canadian company that develops evidence-based natural pain management products. The formulation of Anti-Pain™ began with investigation of the potential of the lowest possible doses of traditional herb extracts to act additively or synergistically to reduce inflammation and pain. Biotanika used three recognized models of inflammatory diseases for its pre-clinical test protocols. These protocols resulted in formulas benchmarked with current standards of care used in western medicine.

The primary goal of the first clinical trial of the three formulas was to assess the safety and efficacy for the relief of pain in fourteen patients with either low back pain, joint (knee, shoulder, or hip) pain, or muscular or articular pain (the majority had moderate-to-severe pain). These patients had been seeking alternative therapies to NSAIDs or surgery. As is most often seen in patients scheduled for knee replacement surgery or who have had knee replacements, benefit was nil. However, all patients with low back, hip and shoulder pain demonstrated significant benefit.

Devil's Claw (*Harpagophytum procumbens*) exerts anti-inflammatory and analgesic effects possibly by suppressing COX-2 and iNOS expressions,^[1] reducing leukotrienes,^[2] inhibiting TNF-alpha and reducing the production of metalloproteinase MMP-1, MMP-3 and MMP-9.^[3]

Black Currant (*Ribes nigrum*) decreases joint tenderness and pain.^[4] Prodelphinidins, the major compounds isolated from *Ribes nigrum* leaves, were shown to inhibit PGE2 synthesis through the inhibition of COX enzymes.^[5]

Green-Lipped Mussel (*Perna canaliculus*), a native New Zealand shell fish contains 20% omega-3 fatty acids, as well as other pharmacologically-active material that appears to abolish inflammatory mediators and inhibit prostaglandin biosynthesis^[6,7,8] thereby reducing joint pain.^[9,10,11]

Willow Bark (*Salix alba*) may relieve joint pain ^[12,13,14] by inhibiting COX-2-mediated PGE2 release and to a lesser degree, release of TNF-alpha, IL-1beta and IL-6.^[15]

Feverfew (*Tanacetum parthenium*) contains the active component, parthenolide that produces a dose-dependent inhibition thromboxane B2 and leukotriene B4 synthesis and inhibits secretion of TNF-alpha, IL-1 and IL-6.^[16]

Meadowsweet (*Spirea ulmaria*) has been used for centuries for analgesia. It contains salicylate derivatives and possesses high antioxidant activities.^[17]



Supplement Facts

Serving Size: 2 capsules
Servings Per Container: 15

	Amount Per Serving:	%DV
Calcium	48 mg	5 %
Proprietary Blend **	900 mg	***
Devil's claw root extract (Harpagophytum procumbens; extract 5:1, standardized to harpagoside content), Green lipped mussel (Perna canaliculus; stabilized powder), Black currant leaf extract (Ribes nigrum; extract 5:1, standardized to rutin content), Willow bark extract (Salix alba; extract 5:1, standardized to salicin content), Feverfew leaf extract (Tanacetum parthenium; extract 5:1, standardized to parthenolide content), Horsetail extract (Equisetum arvense L.; extract 5:1, standardized to silicon content), White birch leaf extract (Betula alba; extract 5:1), Meadowsweet flower top extract (Spiraea ulmaria; extract 4:1)		

** U.S. Patent Pending

*** Daily Value (DV) Not Established

Other Ingredients: Microcrystalline, Cellulose, Magnesium Stearate (derived from palm oil). **Contains ingredients from shellfish.**

References

- Jang MH, et al. Harpagophytum procumbens suppresses lipopolysaccharide-stimulated expressions of cyclooxygenase-2 and inducible nitric oxide synthase in fibroblast cell line L929. J Pharmacol. Sci., 2003, 93(3): p. 367-371.
- Loew D, et al. Investigation on the pharmacokinetic properties of Harpagophytum extracts and their effects on eicosanoid biosynthesis in vitro and ex vivo. Clin. Pharmacol. Ther., 2001, 69(5): p. 356-364.
- Schulze-Tanzil G, et al. Effect of a Harpagophytum procumbens DC extract on matrix metalloproteinases in human chondrocytes in vitro. Arzneimittelforschung, 2004, 54(4):p.213-220
- Little C, Parsons T. Herbal therapy for treating rheumatoid arthritis. Cochrane Database Syst. Rev. 2001: (1) : CD002948
- Garbacki N, et al. Effects of prodelphinidins isolated from Ribes nigrum on chondrocyte metabolism and COX activity. Naunyn-Schmiedeberg's Arch Pharmacol. 2002 Jun;365(6):434-41. Epub 2002 Apr 26
- Miller T, Wu H. In vivo evidence for prostaglandin inhibitory activity in New Zealand green-lipped mussel extract. N Z Med J. 1984 Jun 13;97(757):355-7.
- Curtis CL, et al. Pathologic indicators of degradation and inflammation in human osteoarthritic cartilage are abrogated by exposure to n-3 fatty acids. Arthritis Rheum. 2002 Jun;46(6):1544-53.
- Curtis CL, et al. n-3 fatty acids specifically modulate catabolic factors involved in articular cartilage degradation. J Biol Chem. 2000 Jan 14;275(2):721-4
- S.L.M. Gibson and R.G. Gibson. The treatment of arthritis with a lipid extract of Perna canaliculus: a randomized trial. Complement Ther Med 1998;6:122-6.
- LAU CS et al. Treatment of knee osteoarthritis with Lyprinol®, lipid extract of the green-lipped mussel – a double-blind placebo-controlled study. Progress in Nutrition 2004; 6(1):17-31.
- Cho SH, et al. Clinical efficacy and safety of Lyprinol, a patented extract from New Zealand green-lipped mussel (Perna Canaliculus) in patients with osteoarthritis of the hip and knee: Multicenter Clinical Trial with a 2-months treatment period. The Newest Medical Journal 2002; 45(5):27-33.
- Chrubasik S, Eisenberg E, et al. Treatment of low back pain exacerbations with willow bark extract: a randomized double-blind study. Am J Med 2000 Jul;109(1):9-14.
- Chrubasik S, Kunzel O, et al. Treatment of low back pain with a herbal or synthetic anti-rheumatic: a randomized controlled study. Willow bark extract for low back pain. Rheumatology (Oxford). 2001 Dec;40(12):1388-93.
- Schmid B, Ludtke R, et al. Efficacy and tolerability of a standardized willow bark extract in patients with osteoarthritis: randomized placebo-controlled, double blind clinical trial. Phytother Res 2001 Jun;15(4):344-50.
- Fiebich BL, Chrubasik S. Effects of an ethanolic salix extract on the release of selected inflammatory mediators in vitro. Phytomedicine. 2004 Feb;11(2-3):135-8.
- Smolinski AT, Pestka JJ. Comparative effects of the herbal constituent parthenolide (Feverfew) on lipopolysaccharide-induced inflammatory gene expression in murine spleen and liver. J Immunol (Lond). 2005 Jun 29;2:6.
- Calliste CA, Trouillas P, Allais DP, Simon A, Duroux JL. Free radical scavenging activities measured by electron spin resonance spectroscopy and B16 cell antiproliferative behaviors of seven plants. J Agric Food Chem. 2001 Jul;49(7):3321-7.
- Evidence-based Systematic Review of Birch by the Natural Standard Research Collaboration. Copyright © 2007. www.naturalstandard.com. Accessed 12/12/2008.
- Peter Holmes, Birch Leaf and Bark. In: Energetics of Western Herbs: A Materia Medica Integrating Western & Chinese Herbal Therapies. Page 705, Volume 2. Fourth edition, 2006. South Lotus Press.

Caution:

Consult a healthcare practitioner before using this product if you are pregnant or breastfeeding, taking a blood thinner, if you are taking anti-arrhythmic medication or if you have or suspect you have any other medical condition or are taking any prescription drugs. Avoid if sensitive to salicylates. Do not exceed the recommended daily intake. Do not use if security seal is broken. Keep out of reach of children. Store at room temperature.

*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.

Birch (Betula alba), traditionally to heal sores and relieve pain,^[18,19] contains salicylic acid and has anti-inflammatory, antispasmodic, and diuretic properties.

Dosing:

Take 4 capsules with water daily: 2 capsules in the morning and 2 capsules in the evening. Do not exceed the recommended daily intake of 4 capsules unless otherwise directed by your health care practitioner.

