In a healthy person, inflammation is a normal, physiological response to acute injury or infection. Inflammation only becomes problematic when it goes on too long—whether due to failure to remove initial causes or to factors such as high stress physiology, poor nutrition and food sensitivities.

Inflammation is both a feature and a result of many chronic health problems, from osteoarthritis, atherosclerosis and Alzheimer's to autoimmune disorders such as lupus, Hashimoto's and IBD. The deranged biochemistry and tissue injury associated with these conditions stimulates ongoing production of inflammatory proteins and cytokines, chemical messengers that initiate and prolong the inflammatory response, creating a vicious cycle of chronic inflammation that may have devastating effects on patient quality of life.

InflammaSelect™ provides a clinical strength blend of nutrients and herbs researched for their ability to help support a healthy inflammatory response. It contains ingredients that have been shown to help promote healthy CRP levels and to help modulate the expression of proinflammatory cytokines such as IL-1 beta, IL-6, IL-8 and TNF-alpha. InflammaSelect™ also contains ingredients studied for their ability to directly support joint comfort and healthy intestinal structure/function.

NIACINAMIDE helps to reduce inflammation by inhibiting poly (ADP-ribose) synthetase (PARS), which can activate inflammatory cytokines such as TNF-alpha. As early as the 1950s, niacinamide was shown to help modulate pain and stiffness in inflamed joints. In recent studies, it has been shown to down-regulate TNF-alpha and to serve as a potent modulator of several proinflammatory cytokines.

L-GLUTAMINE, the primary fuel for intestinal epithelial cells, becomes conditionally essential during physiologically stressed states. Inflammatory cytokines such as IL-1 have been shown to decrease intestinal glutamine concentration and

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uptake. Research suggests supplementation with L-glutamine helps maintain and protect gut barrier function.

MSM (methylsulfonyl methane) is a naturally-occurring biological compound that functions in the body as a sulfur donor. Sulfur is essential for connective tissue repair and integrity. Supplemenatal MSM exhibits antioxidant and anti-inflammatory effects. A 2006 pilot trial found that 3 g of MSM twice daily for 12 weeks improved symptoms of knee pain and physical function with no adverse affects in men and women with osteoarthritis.

BOSWELLIA SERRATA (Frankincense) helps to interrupt the inflammatory cascade through down-regulation of TNF-alpha and decrease of IL-1, IL-2, IL-4, IL-6 and IFN-gamma. Boswellia has yielded promising results in clinical trials related to inflammatory conditions such as asthma, rheumatoid arthritis (RA), osteoarthritis and colitis.

BROMELAIN is a general term for a family of wide-acting, pineapple stem-derived proteolytic enzymes. Bromelain acts directly at inflammatory sites by inhibiting bradykinin generation and preventing leukocyte adhesion to vessel walls. Bromelain has been shown to decrease the secretion of pro-inflammatory cytokines in human colonic tissue biopsied from IBD patients, to support healthy blood clotting and to help promote joint comfort in RA patients.

QUERCETIN, an antioxidant flavonoid, participates in several inflammation response pathways. Recent research suggests quercetin helps prevent NF-κB-mediated inflammation associated with short-term high fat consumption.

GINGER and TURMERIC have been used in traditional systems to address inflammation related to wound healing, digestive complaints and joint issues. Their mechanisms of action include the ability to interrupt the pathway that activates NF-κB, thereby attenuating COX-2 expression and halting the inflammatory cascade. InflammaSelect™ provides these botanicals as state of the art herbal extracts. Meriva® curcumin phytosome, a researched extract of turmeric complexed with non-GMO soy lecithin, offers superior absorption over turmeric root and standard curcumin extracts. GRAPE SEED EXTRACT is an outstanding source of anti-inflammatory antioxidant polyphenols.

REFERENCES

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