

# Today's Chiropractic Weekly Handout

## Boswellia Complex - Insurance for Healthy Joints

Dr. Charles M. Laycock

For an active, independent lifestyle, nothing is more important than maintaining healthy joints. Boswellia Complex is a powerful herbal supplement that may help.

### What is Boswellia Complex?

Boswellia Complex contains four key herbs which are well known to support healthy joints, Boswellia gum oleoresin, Celery Seed, and the rhizomes of Ginger and Turmeric, all have a long history of use in traditional systems of healing and are well supported by modern scientific research.

### Boswellia Complex and Joint Health

Your joints need support for a variety of different reasons - you may be overly active or not quite active enough, joint issues may "run" in the family or it may simply be that you are getting older. Whatever the reason, Boswellia Complex is the support you need.

Each of the herbs in Boswellia Complex have specific yet complementary functions that work synergistically to benefit the body's normal inflammation response.

A clinical trial of 30 patients with knee joint discomfort who took Boswellia extract showed a highly significant decrease in knee tenderness, increased ability to bend their knees and increased walking distance.

### How is MediHerb's Boswellia Complex Unique?

Herbs are naturally complex and their chemical composition can vary greatly, even from plant to plant of the same species. MediHerb sources only the highest quality herbs and tests them extensively to ensure they contain the correct levels of the right chemical compounds appropriate to the herb.

Clinical trials have shown that the important boswellic acids in Boswellia are effective at a daily dose of 540 mg. This is equivalent to the suggested use of 3 Boswellia Complex tablets per day.

### Who Needs Boswellia Complex?



Anyone who wants to support healthy joints and maintain an active lifestyle should consider Boswellia Complex. It is safe and effective, suitable for people of all ages, for long or short term use and highly recommended for athletes and people who are very active. Ask Dr. Laycock to help you develop an individualized joint support plan!

### Clinically Effective

Boswellia Complex is effective in supporting and maintaining healthy joints. It contains a unique blend of Boswellia (1.2 g), Turmeric (2.0 g), Celery Seed (1.0 g) and Ginger (300 mg). The herbs in Boswellia Complex work synergistically to:

- Maintain and support healthy joints
- Support healthy circulation
- Provide antioxidant protection
- Support healthy response to environmental stress
- Promote the body's normal resistance function
- Support the normal kidney function to clear acidic waste products effectively

Today's Chiropractic

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Office Hours:

Mon/Wed/Fri: 8:30am-12pm & 2:30pm-6:30pm

Tues: 8:30am-12pm & 2:30pm-5pm