

## Pain Relief Complex

**What's in it for me?**

Safflower extract (150 mg) & Boswellia extract (1000 mg). Gentle on the stomach. Contains no aspirin. Gluten free. Kosher.

**How do I take it?**

See label. For chronic issues - benefits increase with use. Not intended for pregnant/lactating women.

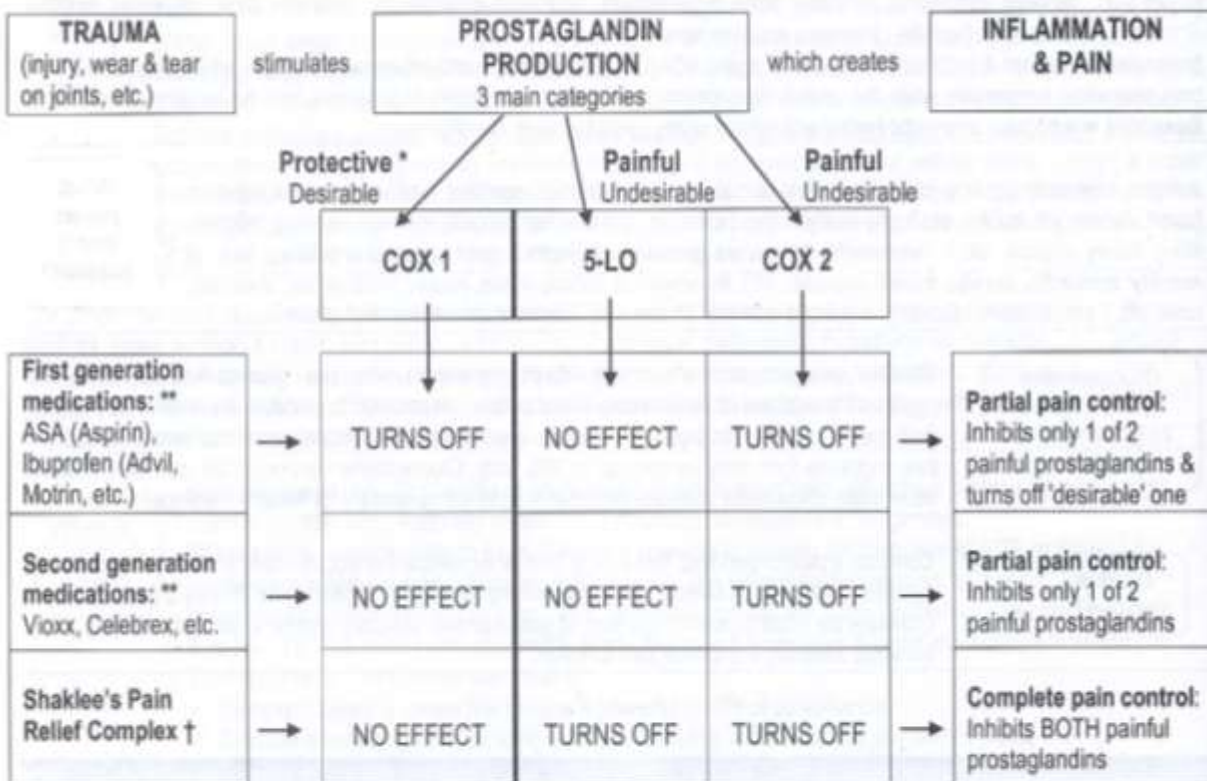
**Why take it?**

Relieves pain in joints caused by overexertion, repetitive motion, arthritis, etc. Promotes flexibility, comfort & ease of motion. *No side-effects - unlike NSAIDS.*

See conditions & challenges listed for Joint Health Complex (previous page). Also backache; headaches; migraines; toothaches; dental work; shingles; breaks/fractures; sciatica; surgery; injury; trauma; IBS; Crohn's, Colitis; etc. Allow 4-6 weeks for maximum benefits.

**What issues can it help me support?**

### What creates pain? How do medications & Pain Relief Complex control pain?



\* These are **protective** and therefore **desirable** prostaglandins:

- COX 1 prostaglandins (put simply) protect the stomach lining from bleeding & possible ulcer formation. Inhibiting their function is why these first generation medications carry these risks/side effects.
- The second generation medications do not inhibit COX 1 therefore do not carry these risks/side effects, but, they do have numerous other side effects (i.e. Vioxx was taken off the market due to increased risk of heart attack).

\*\* Both of these types of medications also carry the risk of several other negative & potentially dangerous side effects (check with your doctor or pharmacist for a complete list).

† Only Shaklee's Pain Relief Complex inhibits the production of BOTH painful prostaglandins (5-LO + COX 2) while not affecting the function of the protective and desirable COX 1.