The Nutrition for Bones



Boswellia Serrata 200 mg + Commiphora 50 mg + Collagen Type II 40 mg + Daruharidra 100 mg + Curcumin 200 mg + Sodium Hyaluronate 40 mg + Methyl Sulphonyl Methane (MSM) 500 mg

Boswellia Serrata (Salai Guggul)

- · A potent Anti inflammatory Agent
- It is the most potent inhibitor of 5-lipoxygenase, an enzyme responsible for inflammation
- Modern Medicine & Pharmacology strongly point out it's anti arthritic, anti inflammatory, analgesic and hepatoprotective properties

Commiphora (Guggul)

 An plant steroid which has anti inflammatory properties by inhibiting the production of COX-2 & MMP-9' which are the major players in the development of Arthritis

Collagen Type II

- This is the specific protein required for cartilage build up in joints
- When taken orally symptoms of osteoarthritis are improved

Daruharidra

- The active form is Berberine
- It has anti inflammatory, analgesic, antipyretic and wound healing properties

Curcumin

- . This is an active form of Turmeric
- It has proven powerful anti inflammatory, anti arthritic, anti oxidant properties

1 - Matrix metallopeptidase 9

Sodium Hyaluronate

- It is a hydrophilic compound and can hold 1000 times its weight of moisture
- It is found in synovial fluid and acts as a lubricant

Methyl Sulphonyl Methane (MSM)

- This is an organosulfur compound
- A popular & safe dietary supplement for healthy bones & joints
- It is a well known anti inflammatory, anti arthritic, anti oxidant & immune modulator
- It is useful in cartilage preservation
- It reduces muscle soreness after exercise







Healthy Knee Join

Osteoarthritis

