



# ARFORM

100 ml tincture

## ARTHRITIS FORMULA

According to Arthritis Foundation "arthritis" is not a single disease. Common arthritis joint symptoms include swelling, pain, stiffness and decreased range of motion. Symptoms may come and go. They can be mild, moderate or severe. They may stay about the same for years, but may progress or get worse over time. Severe arthritis can result in chronic pain, inability to do daily activities and make it difficult to walk or climb stairs. Arthritis can cause permanent joint changes.

ARFORM is a food supplement that helps relieve the pain and inflammation. Inflammation is both a root cause and a symptom in a wide variety of health conditions. This food supplement contains anti-inflammatory herbs that work synergistically to ease arthritis symptoms.

## PRODUCT INFORMATION

### Ingredients:

Cat's claw herb (*Uncaria tomentosa*), stinging nettle herb (*Urtica dioica*), Ginger root herb (*Zingiber officinale*), turmeric root (*Curcuma longa*), Liquorice root (*Glycyrrhiza glabra*)

### Directions:

Take 35 drops x 3 times daily in a little water, away from food.

Do not exceed the recommended daily intake.

Food supplements should not be used as a substitute for a varied diet and healthy lifestyle.

Do not take if pregnant or breast feeding.

*\* This statement has not been evaluated by the EFSA. This product is not intended to diagnose, treat, cure or prevent any disease.*

# ABOUT THE INGREDIENTS

- ✓ **Cat's claw herb (*Uncaria tomentosa*):** A small 2002 trial showed that *uncaria tomentosa* reduced joint pain and swelling by more than 50 % compared with placebo.
- ✓ **Turmeric root (*Curcuma longa*):** Curcumin is the chemical in turmeric that can reduce joint pain and swelling by blocking inflammatory cytokines and enzymes. A 2010 clinical trial using a turmeric supplement showed long-term improvement in pain and function in patients with knee osteoarthritis. A small 2012 study using a curcumin product showed more reduced joint pain and swelling in patients with active rheumatoid arthritis when compared to diclofenac sodium.
- ✓ **Ginger root (*Zingiber officinale*):** Ginger has been shown to have anti-inflammatory properties similar to ibuprofen and COX-2 inhibitors. In a 2012 study, a specialized ginger extract reduced inflammatory reactions in rheumatoid arthritis as effectively as steroids did. Earlier studies showed that taking a certain extract four times daily reduced osteoarthritis pain in the knee after three months of treatment, and another taken twice daily worked about as well as ibuprofen taken three times daily for hip and knee osteoarthritis pain.
- ✓ **Liquorice root (*Glycyrrhiza glabra*):** Liquorice plant is native to Southern Europe and parts of Asia. It has been observed that the active compounds in licorice help in managing arthritis due to its anti-inflammatory and immune-modulatory properties.
- ✓ **Stinging Nettle (*Urtica dioica*):** A German study shows that hox alpha, a new extract of stinging nettle leaf, contains an anti-inflammatory substance that suppressed several cytokines in inflammatory joint diseases.

