

Boswella**300 mg, 100 capsules**

Item Catalog Number: 00202

As people age, systemic inflammation can inflict degenerative effects throughout the body.¹⁻⁵ A primary cause of this destructive cascade is the production of cell-signaling chemicals known as inflammatory cytokines. Along with these dangerous cytokines, imbalances of hormone-like messengers called prostaglandins also contribute to inflammatory processes.

Boswella is composed of boswellic acids, an extract of the resin of the *Boswellia serrata* tree which grows in India. Boswellic acids are effective at blocking the synthesis of pro-inflammatory 5-lipoxygenase products, including 5-hydroxyeicosatetraenoic acid (5-HETE) and leukotriene B4 (LTB4), which cause bronchoconstriction, chemotaxis, and increased vascular permeability. Boswellic acids may also mediate their inflammatory actions by inhibiting cyclooxygenases, preferentially COX-1.⁵⁹⁻⁶⁷

In addition, the combination of boswellic acids and glucosamine may have a synergistic favorable effect on inflammatory conditions.⁶⁸

References**Supplement Facts**

Serving Size 1 softgel

Servings Per Container 100

Amount Per Serving

Boswella acids 300 mg

Dosage and Use

- Take one capsule three times daily with food, or as recommended by a healthcare practitioner.

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