

Natural Relief Formula

180 Quicksorb® gels

Item Catalog Number: 00299

As people age, chronic 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 chronic inflammatory processes.

The body needs fatty acids to survive and is able to make all but two of them: linoleic acid, in the omega-6 family and linolenic acid, in the omega-3 family. These two fatty acids must be supplied by the diet and are therefore considered essential fatty acids (EFAs).

Omega-3 fatty acids, found in cold-water fish (and fish oil), and perilla and flaxseed oils, can be part of a healthy diet. Omega-3 oils contain the essential fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which are usually lacking in the typical Western diet that includes high amounts of omega-6 fats.⁶

Omega-6 fatty acids are well supplied in the diet by meat and vegetable oils. However, not all omega-6 fatty acids are of equal value. Gamma linolenic acid (GLA), found in evening primrose oil, borage oil, and black currant oil is an important fatty acid that plays a beneficial role in healthy prostaglandin formation.^{7*} What you eat also contributes to the production of inflammatory cytokines. Eating foods cooked at high temperature can cause the formation of advanced glycation end (AGE) products.⁸ Glycation is the binding of a protein molecule to a glucose molecule that results in the formation of damaged protein structures. As the damaged proteins accumulate, they activate the production of inflammatory cytokines. Presently there is no way to reverse the effects of glycation.

Natural Relief is a multi-nutrient formula that combines a number of compounds to promote healthy joints.^{74-94*}

References

Supplement Facts

Serving Size 1 Quicksorb gel®

Servings Per Container 180

Amount Per Serving

Calories	11
Calories from fat	9
Total fat	1 g
Saturated fat	<1 g
Monounsaturated fat	<1 g
Polyunsaturated fat	<1 g
Cholesterol	1 mg
Vitamin C (as ascorbyl palmitate)	<1 mg
Vitamin E (as D-alpha tocopherol)	3 IU
Manganese (as manganese aspartate)	300 mcg
Omega-3 fatty acid	233 mg
Eicosapentaenoic acid	133 mg
Docosahexaenoic acid	100 mg
Omega-6 fatty acid (as gamma-linolenic acid)	100 mg
D-Glucosamine sulfate	167 mg
N-acetyl D-glucosamine	167 mg
Chondroitin sulfate	67 mg
Ascorbyl palmitate	2 mg

Other ingredients: gelatin, water, beeswax, lecithin.

Contains fish [anchovy, sardine, mackerel, crustacean shellfish (prawn)], and soybeans. This product contains NO milk, egg, peanuts, tree nuts, wheat, yeast, gluten, corn, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- As a dietary supplement, adults take amount indicated, according to body weight.
- • Up to 150 lbs: 1 Quicksorb Gel® 3 times daily.
- • 150 to 200 lbs: 2 Quicksorb Gels® 3 times daily.
- • Over 200 lbs: 3 Quicksorb Gels® 3 times daily.
- For best results, take at least one half hour before meals.
- If you do not obtain desired results within a week after starting Natural Relief, increase your dosage by taking one additional capsule with each dose.

Caution

Those taking anticoagulant drugs like Coumadin® (warfarin) should inform their doctor that they are taking GLA, EPA, or DHA supplements, as the physician may want to adjust the dose of anticoagulant medication based on tests that measure coagulation factors such as template bleeding time.

Since GLA, EPA, and DHA interfere with blood clotting, those who suffer from any type of hemorrhagic disease related to excessive bleeding or blood vessel leakage should consult their physician before supplementing these fatty acids.

People who are allergic to shellfish should consult a healthcare practitioner before using this product.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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