

# List of Ingredients

A combination of these natural compounds help maintain joint mobility and flexibility as well as support gastrointestinal, immune and nervous system health. A blend of European and native Australian edible herbs with compounds used in other cultures, when combined in exact proportions, creates a formula where the sum of each compound's beneficial properties is exceeded by the synergy of the complete formula.

Feverfew - *Tanacetum parthenium* is a relative of the common daisy, found originally in Europe and spread throughout the world by deliberate planting. It's been widely used in herbal medicine since the time of the ancient Greeks. Modern research confirms that *Tanacetum parthenium* is a serotonin antagonist, reduces the synthesis of prostaglandins, suppresses leukotriene release by basophils, mast cells, macrophages and lung tissue that participate in allergic reaction,



and lowers the production of thromboxanes by platelets which inhibits vascular and bronchial smooth muscle contractions and platelet aggregation. Research has shown it to be non-toxic, but because of its effect on platelet aggregation, which can increase blood clotting time, caution should be used when combining it with anti-clotting drugs.

Celery Seed - *Apium graveolens*, grown throughout the world, is used widely in herbal medicine and foods, and is listed by the FDA as GRAS\*\*. Medical and scientific research confirm the safety of *Apium graveolens* and show it provides potent anti-inflammatory effects, reduces uric acid in the blood and aids liver function by protecting liver cells from chemical toxins and lowering cholesterol.



Boswellia serrata, also known as Frankincense, has long been used in European and Indian herbal medicine as an anti-inflammatory and analgesic. Recent research shows benefits in osteo and rheumatoid arthritis, asthma and ulcerative colitis. It has been shown to block the production of pro-inflammatory leukotrienes, but unlike NSAIDs, it does not disrupt glycosaminoglycan synthesis which can accelerate damage to cartilage. Research shows that it is non-toxic and no adverse events have been reported.

Bromelain is a mixture of protein-digesting enzymes made from the stem of the pineapple, *Ananas comosus*, and is listed by the FDA as GRAS\*\*. It is useful for digestive disorders and a wide range of conditions associated with inflammation caused by infection or injury. Animal and human research show that it modulates inflammation by preventing the build up of bradykinins and kallidins that cause swelling and helps speed wound healing related to surgery or trauma. Toxicity studies show that it is safe, but it has been shown to enhance absorption of certain antibiotics and anticoagulants and should be used with caution when combined with these medications.



Papain is a protein digesting enzyme derived from the milky sap of unripe papaya, *Carica papaya*. It is cultivated in Australia and tropical regions throughout the world and used in cooking as a meat tenderizer and an herbal treatment to aid digestion, combat intestinal parasites. Research shows that it is non-toxic and it is listed by the FDA as GRAS\*\*.

Corydalis Root, *Corydalis turtschaninovii*, is an herb that originated in China and is cultivated throughout the Pacific Rim. It is used in traditional medicine as a tonic for the circulatory system, and for its pain relieving and calming effects. Scientists have isolated a number of active ingredients that show a wide range of actions on the nervous system. Toxicity studies show that it is an exceptionally safe herb, no adverse events have been reported, and no herb-drug interactions are suspected.



Cayenne, *Capsicum frutescens*, is red-pepper used commonly in many of the world's culinary and medicinal traditions and is listed by the FDA as GRAS\*\*. Studies of traditional use associate benefits in terms of the gastrointestinal health, thermoregulation and nutritional uptake. Analysis of its constituents, reveal many active dietary phytochemicals that exhibit potent anti-viral, antibacterial, anti-mutagenic and anti-carcinogenic effects. Human studies show that oral use decreased appetite and subsequent protein and fat intake, and stimulated carbohydrate metabolism at rest or during exercise. All adverse events relate to external use in pepper spray or accidental

over exposure to the skin, none due to ingestion, and no herb-drug interactions.

Wheatgrass, *Triticum aestivum*, is common wheat harvested in the sprouting stage at seven days of growth. It is a concentrated food source, rich in chlorophyll, amylase, lipase, superoxide dismutase and other enzymes, iron, calcium, magnesium, potassium and more than 80 minerals, 18 amino acids, beta carotene and many vitamins. There have been no reports of side-effects or interference with any drugs, and no contraindications.



Tumeric, *Curcuma longa* L., native of India and grown throughout the Pacific, has long been used as a spice and medicinal herb as a digestive aid, for fever, infection, dysentery, arthritis, jaundice, liver and gall bladder problems. In terms of modern research, there are more than 100 published peer-review studies on this herb, establishing turmeric's hepatoprotective, anti-inflammatory, anti-carcinogenic, and antimicrobial properties, and its use in cardiovascular disease, gastrointestinal disorders and to speed wound healing. Many of these benefits are attributed to its anti-inflammatory activity resulting from the down regulation of COX-2 enzymes and the cytokines TNF and IL-1, and its antioxidant activity

that supports higher activity of the enzymes superoxide dismutase, catalase and glutathione peroxidase, demonstrated to protect hemoglobin from oxidation and inhibit lipid peroxidation. These mechanisms have also demonstrated nematocidal anti-protozoal, anti-bacterial activity, anti-viral and anti-tumor activity. It is listed by the FDA as GRAS\*\*.

Shark cartilage is the skeletal material of shark and has been consumed as a health food in traditional Chinese medicine for its broad anti-aging benefits. Recent scientific studies have confirmed its benefits for the treatment and prevention of degenerative joint disease. It is an excellent dietary source of chondroitin sulfate and other glycoaminoglycans that rebuild cartilage, and calcium, magnesium, phosphorus, zinc and other bone building minerals. No sharks are caught in the manufacture of this product, the sharks used are harvested for sale as seafood, the cartilage is a by-product. Toxicity studies have shown it to be safe and non-toxic at all but extremely high doses.

\*\*GRAS "Generally Recognized As Safe" is a designation applied by The U.S. Food & Drug Administration (FDA) Center for Food Safety & Applied Nutrition (CFSAN) after review of toxicology and other safety data for compounds, allowing their use as food additives.

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**\*Consult with a veterinarian before giving DGP to pregnant or nursing animals. Additionally, ingredients may affect platelet aggregation, which can increase blood clotting time, caution should be used when combining it with anti-clotting drugs also with antibiotics and NSAIDs.**