

# Golden Life™



## || Painlys®

**Joint pain relief**

30 Film Coated Tablets



## Adverse Effects

No adverse effect has been reported to date.

**Ginger:** pure extract of Ginger can cause dermatitis, heartburn, abdominal discomfort, diarrhea and a pepper-like irritant effect in the mouth and throat.

**Devil's Claw:** pure extract of Devil's Claw can cause, diarrhea, nausea, vomiting, abdominal pain, allergic skin reactions, headache, tinnitus, anorexia and lose of taste.

Supplement Facts		
Composition per tablet		RDA%
Ginger	200 mg	*
Devil's claw	166 mg	*
MSM	100 mg	*

\*Recommended daily allowance (RDA) not Established.

## Presentation

30 Film Coated tablets

## Administration

Take one tablet daily with meal.

Marketing Authorization Holder Darman Yab Darou  
Under license of Vitex Pharmaceuticals pty Ltd (Golden Life) Australia

### References:

- PDR for herbal medicines by Joerg Gruenwald, ph.D
- R. Grahame, B. V. Robinson, Devils's claw pharmacological and clinical studies, Ann Rheum Dis. 2009 Dec; 40(6)



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***Zingiber officinale*****Common Name: Ginger**

Ginger, the “root” or the rhizome, of the plant *Zingiber officinale*, has been a popular spice and herbal medicine for thousands of years. It is native to Asia. Ginger has been used to help digestion and treat stomach upset and nausea for more than 2,000 years. Ginger has also been used to help treat arthritis.

The active components of the ginger root are volatile oils and phenolic compounds, such as **gingerols and shogaols**.

Researches show that ginger may help reduce pain from osteoarthritis (OA). In a study of 261 people with OA of the knee, those who took a ginger extract twice daily had less pain and needed fewer pain-killing medications than those who received placebo.

Ginger may suppress Cyclooxygenase-2(COX-2) inflammatory enzymes and inhibit the activation of tumor necrosis factor  $\alpha$ . It also suppresses leukotrienes and switch off certain inflammatory genes, potentially making it more effective than conventional pain relievers.

In a 2012 in vitro study, a specialized ginger extract reduced inflammatory reactions in RA synovial cells as effectively as steroids.

Ginger also has been studied for OA. In one trial of more than 200 patients, Ginger extract improved OA pain after standing and walking.

**MSM**

MSM provides a dietary source of sulfur. It is commonly used for osteoarthritis and musculoskeletal pain. The sulfur content of MSM can be used by the body to maintain normal connective tissues by forming cross-linkages through disulfide bonds. MSM has also exhibited possible anti-inflammatory activities along with free radical scavenging.

Research has shown that MSM is highly effective in improving joint flexibility.

**Contraindications**

No contraindications have been reported to date.

**Ginger:** patients with bleeding conditions, diabetes and cardiovascular should consult a physician before using.

**Devil's claw:** patients with cardiovascular disorders, diabetes, gallstones and peptic ulcer disease should consult a physician before using.

**Pregnancy and Lactation**

This product is safe to use by pregnant or lactating women.

Pregnant or lactating women should consult a physician before using this product.

**Interaction**

No interaction with other medicinal products has been reported to date.

**Ginger:** Patients who take anti coagulant, anti platelet drugs and anti diabetes drugs should consult a physician before using.

**Devil's Claw:** patients who take anti acid drugs, anti diabete drugs, anti hypertensive drugs and anti coagulant drugs should consult a physician before using.

# ||Painlyys®

## Joint pain relief

Millions of people have arthritis and other painful health problems affecting the musculoskeletal system: the joints, muscles and bones. A mainstay of treatment for these conditions for more than three decades has been a class of medications known as non-steroidal anti-inflammatory drugs or NSAIDs. NSAIDs are associated with several side effects. The most common are nausea, constipation and headache. Chronic use to relieve pain and reduce inflammation is associated with other important side effects like kidney failure, liver failure, gastrointestinal ulcers and prolonged bleeding after injury. To avoid mentioned side effects, natural supplements could be replaced.

## Indications

- Management of joint pain and inflammation associated with arthritis
- Improve physical functioning and provides relief to aching joints and muscles

## Ingredients

*Harpagophytum procumbens*

**Common Name: Devil's claw**

It is Native to southern Africa and has been used as an analgesic and anti-inflammatory preparation for centuries. It is used in herbal medicine as a treatment for osteoarthritis (OA), rheumatoid arthritis (RA), backache, and menstrual pain. Devil's claw contains iridoid glycosides, components believed to have strong anti-inflammatory effects. It has a high concentration of one type of iridoid, called **harpagoside**. Laboratory tests suggest it may relieve pain and inflammation. Several studies show that taking devil's claw for 8 to 12 weeks can reduce pain and improve physical functioning in people with OA.

One 4-month study of 122 people with knee and hip OA compared devil's claw and a leading medication for pain relief showed, the people who took devil's claw had as much pain relief as the people who took the medication; furthermore they had fewer side effects and needed fewer pain relievers throughout the study.

Preliminary evidence suggests that devil's claw may help relieve neck and low back pain. In a small study of 63 people with mild-to-moderate back, neck, or shoulder pain, taking a standardized extract of devil's claw for 4 weeks provided moderate relief from muscle pain.

In a larger study of 197 men and women with chronic low back pain, those who took devil's claw every day for a month said they had less pain and needed fewer painkillers than those who took placebo.

The anti-inflammatory effects of devil's claw extract can be attributed to a direct suppression of Cyclooxygenase-2(COX-2) inflammatory enzyme. Overall, the research shows that devil's claw extract has an antioxidant effect by scavenging free radicals and inhibiting the enzymes that produce them.

Other studies have demonstrated that devil's claw extract inhibits the production of the inflammatory cytokines tumor necrosis factor-alpha and IL-1beta. In addition, devil's claw extract has been shown to inhibit human leukocyte elastase which is associated with arthritis.

Five clinical trials on devil's claw extract in the treatment of OA or RA of the hip or knee have demonstrated positive results.

