Accelerates recovery from soft-tissue damage

- Serratiopeptidase removes dead tissue. This means faster healing as well as a more proactive and long-term approach to inflammation (1).
- Bromelain is effective in inhibiting prostaglandins and has been proven effective in treating inflammation from surgery, traumatic injuries and wounds (2).
- The proanthocyanidins in Grape seed extract are a potent antioxidant (3).
- Green tea extract (75% EGCG) delivers a powerful anti-inflammatory effect (4).
- Lutein inhibits the action of a complex protein, NF-κB, that influences the inflammatory process (5).
- Boswellic acid inhibits the production of leukotrienes, the signaling molecule that causes inflammation (6).
- Devil’s claw has pain-relieving and anti-inflammatory properties (7).
- Curcumin contains pain relievers and also decreases inflammation (8).
- Black pepper amplifies the bioavailability of curcumin up to 2000% (8).

References:

Indications and uses:
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Recommended daily dose:
2 capsules daily away from food.