# **EF-Arthritis**

## What is EF-Arthritis?

The pain and stiffness associated with arthritis can be debilitating. Arthritis can also be an immunity issue where your body is creating chemicals that attack your cartilage and other connective tissues. EF-Arthritis contains a combination of herbs to decrease complications associated with arthritis.

EF-Arthritis is easy to take, calms the immune system to reduce systemic inflammation, and helps to alleviate pain and stiffness in joints.

### Individuals taking EF-Arthritis have noticed:

- · Less swelling in joints
- More flexibility and mobility
- · More energy
- · Better sense of wellness

#### What makes EF-Arthritis effective?

EF-Arthritis has been clinically proven to reduce the inflammation and pain caused by arthritis. EF-Arthritis was shown to improve joint and arthritis pain as quick as a few weeks of taken it. The proprietary blend of herbs is designed to decrease inflammation and pain while repairing structure damage caused by chronic inflammation

#### How does EF-Arthritis work?

EF-Arthritis has been clinically proven to reduce inflammation and pain caused by arthritis. EF-Arthritis has also been shown to improve joint and arthritis pain in as little as a few weeks.





Cordaylis acts on decreasing pain through its analgesic effect.



# **EF-Arthritis**

#### If you suffer from....

Arthritis occurs as a result of the breakdown of cartilage which normally protects the joints, absorbs shock from movement and allows the joints to move smoothly. Cartilage may wear away as a result of aging, overuse, trauma, infection or even autoimmune diseases such as Rheumatoid Arthritis (RA). EF-Arthritis can help to alleviate symptoms from arthritis that cause pain, swelling, stiffness or inflammation.

### Directions

Adults take 2 capsules twice daily, as a dietary supplement, preferably with food.

#### **Supplement Facts**

| Serving per Bottle<br>Serving size: | 25<br>2 |                |  |
|-------------------------------------|---------|----------------|--|
| Amount per serving                  |         | % Daily Value* |  |
| Codonopisis                         | 50 mg*  | DV*            |  |
| Tumeric                             | 75 mg*  | DV*            |  |
| White Peony                         | 50 mg*  | DV*            |  |
| Du Zhong                            | 45 mg*  | DV*            |  |
| Salvia                              | 90 mg*  | DV*            |  |
| Poria                               | 35 mg*  | DV*            |  |
| Cordalis                            | 80 mg*  | DV*            |  |
| Citrus Peel                         | 25 mg*  | DV*            |  |

\* Daily Value(DV) not established.

\*\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

#### **References:**

1. Shisodia S, Sethi G, Aggarwal BB. Curcumin: getting back to the roots. Ann N Y Acad Sci. 2006;1056(1). https://doi.org/10.1196 annals.1352.010.

2. Lantz RC, Chen GJ, Solyom AM, Jolad SD, Timmermann BN. The effect of turmeric extracts on inflammatory mediator production. Phytomedicine. 2005 Jun;12(6-7):445-52. https://doi.org/10.1016/j.phymed.2003.12.011.

3. Jobin C, Bradham CA, Russo MP, Juma B, Narula AS, Brenner DA, Sartor RB.Curcumin blocks cytokine-mediated NF-kappa B activation and proinflammatory gene expression by inhibiting inhibitory factor I-kappa B kinase activity. J Immunol. 1999 Sep 15;163(6):3474-83.

4. Bengmark S. Curcumin, An atoxic antioxidant and natural nfκb, cyclooxygenase-2, lipooxygenase, and inducible nitric oxide synthase inhibitor: a shield against acute and chronic diseases. J Parenter Enteral Nutr. 2006;30(1).

https://doi.org/10.1177/014860710603000145

5. Funk JL, Oyarzo JN, Frye JB, Chen G, Lantz RC, Jolad SD, Sólyom AM, Timmermann BN. Turmeric extracts containing curcuminoids prevent experimental rheumatoid arthritis. J Nat Prod. 2006 Mar;69(3):351-5. https://doi.org/10.1021/np050327j.

6. Bharti AC, Takada Y, Aggarwal BB. Curcumin (diferuloyImethane) inhibits receptor activator of NF-kappa B ligand-induced NF-kappa B activation in osteoclast precursors and suppresses osteoclastogenesis. J Immunol. 2004 May 15;172(10):5940-7.

7. Ozaki K, Kawata Y, Amano S, Hanazawa S. Stimulatory effect of curcumin on osteoclast apoptosis. Biochem Pharmacol 2000; 59:1577–81

8. Srinivasan M, Sudheer AR, Menon VP. Ferulic acid: therapeutic potential through its antioxidant property. J Clin Biochem Nutr. 2007;40(2):92-100. https://doi.org/10.3164/jcbn.40.92.

 Cheng CY, Ho TY, Lee EJ, Su SY, Tang NY, Hsieh CL. Ferulic acid reduces cerebral infarct through its antioxidative and anti inflammatory effects following transient focal cerebral ischemia in rat. Am J Chin Med. 2008;36,(6):1105-19. https://doi.org/10.1142/S0192415X08006570.

10. Lampiasi N, Montana G. The molecular events behind ferulic acid mediated modulation of IL-6 expression in LPS-activated Raw 264.7 cells. Immunobiology. 2016;221(3):486-93. https://doi.org/10.1016/j.imbio.2015.11.001

11. Chen MP, Yang SH, Chou CH, Yang KC, Wu CC, Cheng YH. The chondroprotective effects of ferulic acid on hydrogen peroxide stimulated chondrocytes: inhibition of hydrogen peroxide-induced pro-inflammatory cytokines and metalloproteinase gene expression at the mRNA level. Inflamm Res. 2010;59(8):587-95. https://doi.org/10.1007/s00011-010-0165-9.

12. Yoon H, Lee E, Lee H, et al. Kaempferol inhibits IL-1 $\beta$ -induced proliferation of rheumatoid arthritis synovial fibroblasts and the production of COX-2, PGE2 and MMPs. Int J of Mol Med. 2013;32(4):971-7. https://doi.org/10.3892/ijmm.2013.1468.

13. Hämäläinen M, Nieminen R, Vuorela P, Heinonen M, Moilanen E. Anti-inflammatory effects of flavonoids: genistein, kaempferol, quercetin, and daidzein inhibit STAT-1 and NF- B Activations, whereas flavone, isorhamnetin, naringenin, and pelargonidin inhibit only NF- B activation along with their inhibitory effect on iNOS expression and NO production in activated macrophages. Mediators

Inflamm. 2007;2007. https://doi.org/10.1155/2007/45673.

14. Devi KP, Malar DS, Nabavi SF, Sureda A, Xiao J, Nabavi SM, Daglia M. Kaempferol and inflammation: From chemistry to medicine. Pharmacol Res. 2015;99:1-10. https://doi.org/10.1016/j.phrs.2015.05.002

**15.** Huang, CH, Jan RL, Kuo CH, et al. Natural flavone kaempferol suppresses chemokines expression in human monocyte THP-1 cells through MAPK pathways. J Food Sci. 2010;75(8). https://doi.org/10.1111/j.1750-3841.2010.01812.x.

16. Wiart C. Lead compounds from medicinal plants for the treatment of cancer. Waltham, MA: Elsevier; 2013.

17. Kubo M, Matsuda H, Tokuoka K, Ma S, Shiomoto H. Anti-inflammatory activities of methanolic extract and alkaloidal components from corydalis tuber. Biol Pharm Bull. 1994;17(2):262-5. https://doi.org/10.1248/bpb.17.262.

**18.** Xu Q, Chen XJ, Liu BM, Yang P, Bai XQ, Deng LD, Chen XF. Studies on invigorating energy, activating blood flow, resolving blood stasis and anti-aging actions of alcohol extracts of Codonopsis Lanccolata. Guangxi Med J. 2008;30(12).

19. He JY, Ma N, Zhu S, Komatsu K, Li ZY, Fu WM. The genus Codonopsis (Campanulaceae): a review of photochemistry, bioactivity and quality control. J Nat Med. 2014;69(1):1-21. https://dx.doi.org/10.1007%2Fs11418-014-0861-9

20. Hossen MJ, Kim MY, Kim JH, Cho JY. Codonopsis lanceolata: a review of its therapeutic potentials. Phytother Res. 2015;30(3). https://doi.org/10.1002/ptr.5553.

#### Copyright© 2023.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without prior written permission of the copyright owner.