



### **Valerian Root**

Valerian root has been used as a medicinal herb since at least the time of ancient Greece and Rome. Hippocrates, the “father of medicine” described its therapeutic properties as did Galen, an ancient Greek physician. Valerian extracts are often standardized to contain from 0.25% to 1% valerenic acid which is considered to be the predominate constituent responsible for addressing pain, inflammation and insomnia.

### **Devil’s Claw**

Devil’s claw inhibits COX-2 and nitric oxide synthetase, a modulator of inflammation (7). Evidence suggests that the anti-inflammatory effect is due to increased synthesis and release of tumor necrosis factor (TNF)-alpha by compounds other than harpagoside.

### **Black Cohosh**

Black cohosh is commonly known as snakeroot, bugbane and rattle weed and has been used by Native Americans for hundreds of years. The triterpene glycosides have been studied and indicate they inhabit cytochrome P450 3A4 (CYP3A4) in vitro up to 44% (8). Black cohosh has anti-rheumatic activity that acts to relieve aches and pain.

### **Wild Yam**

Wild yam is a perennial vine plant with heart-shaped leaves that have hairs on their undersides. Wild yam’s antispasmodic and anti-inflammatory actions make it useful in treating symptoms of rheumatism and arthritis.

### **Bromelain, Protease and Serrapeptase**

These are all powerful anti-inflammatory agents that benefit the body’s response to painful injuries and swelling. Bromelain exerts an anti-inflammatory effect by altering leukocyte migration and activation. Protease and serrapeptase are both potent enzymes that exhibit strong anti-inflammatory properties. These two proteolytic enzymes reduce inflammation by neutralizing the biochemicals of inflammation (i.e. bradykinins and pro-inflammatory eicosanoids) to levels at which the synthesis, repair and regeneration of injured tissue can take place (9).

### **Minerals**

Calcium, magnesium, manganese, copper and potassium are body essentials included in our Musculoskeletal Injury™ formula, and are all in forms that are clinically shown to be the most bioavailable. For example, calcium (citrate-malate) is far better absorbed than calcium carbonate (10). Magnesium is responsible for over 300 enzyme reactions and in the production of cellular energy.

### **B vitamins (B3 Niacinamide and B6 Pyridoxine)**

Niacinamide (B3) increases joint mobility, improves muscle strength and decreases fatigue (11). Exercising increases the need of B6, and magnesium increases the amount of B6 that can enter the cell (12).

*Patients: Consult with your healthcare professional for the proper dosage and use of this formula.*

**For more information about this and other Condition Specific Formulas® please visit our website at:**

[www.mountainpeaknutritionals.com](http://www.mountainpeaknutritionals.com)



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