

# Dolor Ease™

## About Dolor Ease

- Dolor Ease is a comprehensive herbal formula designed to support normal joint function, health, and comfort.\*

Each vegetarian capsule includes:

- 200 mg of white willow bark (*Salix alba*, standardized to 15% salicin), which may help with the body's response to cellular damage and help maintain joint comfort.\*<sup>1,2,3</sup>
- 200 mg of devil's claw (*Harpagophytum procumbens*), which has compounds that help support the body's response to cellular damage and help clear cellular debris normally produced by the body.\* This herb may also help support normal joint function, health, and comfort.\*<sup>4</sup>
- 30 mg of Theracurmin® per capsule, the most bioavailable form of curcumin, which helps contribute antioxidant activity and helps clear cellular debris normally produced by the body, supporting joint health and comfort.\*<sup>5,6</sup>
- 75 mg of a standardized extract of Boswellia (*Boswellia serrata*), which may assist in the maintenance and support of normal joint function, health, and comfort.\*<sup>7,8</sup>
- 50 mg of InflammRelief™, a proprietary complex of antioxidant botanicals, including grape, pomegranate, bilberry, cranberry, raspberry, strawberry, and blueberry extracts, which is a source of polyphenols and antioxidants.\*

## How to Use Dolor Ease

- 2 capsules 1–2 times per day or as directed by a health care professional.

## Cautions and Contraindications

- Consult your health care professional prior to use if you are pregnant, trying to become pregnant, breastfeeding, taking medication, have a medical condition, or anticipate surgery. Keep out of reach of children.
- This product should not be used by anyone allergic to acetylsalicylic acid (ASA) or other salicylates, nor by anyone who is pregnant or nursing an infant. Hypersensitivity (e.g., allergy) has been known to occur; if this occurs, discontinue use of this product.

## Drug Interactions

- This product may interact with antiplatelet medication, blood thinners, anticoagulants, or products containing acetylsalicylic acid (ASA) or other salicylates.

USER NAME: \_\_\_\_\_

### PROFESSIONAL NOTES:

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## Quick Tips for Optimal Health

- Eat brightly colored fruits and vegetables (8–10 servings per day). Diets rich in plant pigments, especially flavonoids found in soy, apples, berries, and other fruits and vegetables, may help support the body's normal response to cellular damage, clear normal cellular debris, and support joint comfort.\*<sup>9</sup>
- Consume a Mediterranean diet rich in fruits, vegetables, and healthy fats. It may also help support the body's normal response to cellular damage and help clear normal cellular debris, supporting joint comfort and healthy joint function.\*<sup>10</sup>
- Reduce your omega-6 fatty acids. For comfortable joint function, it is a good idea to reduce meat and dairy intake, as well as eliminate common sources of omega-6 fats, including soy, safflower, sunflower, and corn oil.\*<sup>11</sup>
- Take a high-quality fish oil supplement with at least 1000 mg of EPA and DHA. Fish oil, particularly when combined with a high antioxidant intake, may help support normal physical performance (walking speed) and healthy joint function.\*<sup>12,13</sup>
- Do aerobic exercise, which has been shown to support healthy joints.\*<sup>14</sup> It is not clear whether high-intensity exercise has any additional benefits compared to low-intensity activity for the support of joint health.\*<sup>15</sup>

PROFESSIONAL CONTACT INFORMATION:

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## References

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