

Enhanced reformulation of traditional combination herbal, vitamin and mineral formula for musculoskeletal pain and inflammation.

INDICATIONS:

- Sports Injuries (sprains and strains)
 - Arthritis and myalgia
 - Tension headaches
 - Muscle cramping
 - Inflammation of various origins
- Increasing the quantity and grade of Bromelain - a potent anti-inflammatory enzyme
 - Doubling the quantity of vitamin B-6, which helps in reducing pain by promoting serotonin production
 - Increasing quantity and quality of wild yam root, an anti-spasmodic, anti-inflammatory, anti-rheumatic agent
 - Providing calcium and magnesium, in two forms (citrate and carbonate) for higher bioavailability
 - Including California poppy, a nervine and anodyne, and Rosemary, which stimulates blood circulation and is a botanical anti-inflammatory.

NPF™ is a reformulation of a traditional musculoskeletal formula which has been shown to be effective in clinical use over the past twenty years. NPF™ synergistically incorporates herbs with vitamins and minerals to make it useful in the treatment of any acute injury (e.g. sprain or strain) that results from pain, inflammation, cramping or spasm.

This complex (twelve ingredients) formulation has been enhanced by:

- Increasing the quantity of Salix alba (White willow bark) in the formula. Salicin, the active ingredient in Salix alba is what aspirin is derived
- Adding DL-phenylalanine, which stimulates the production of endorphines - the body's natural pain reliever



Each vegetarian capsule contains: Ingredients:

Ingredients:	Mode of action
Vitamin B-3 (niacinamide)25 mg	Supports proper blood circulation
Vitamin B-6 (pyridoxial HCL)12.5 mg	Co-factor for serotonin production which may help decrease pain thresholds
Calcium (citrate/carbonate)25 mg	Supports blood clotting; prevents muscle cramping
Magnesium (citrate/oxide)25 mg	Anti-spasmodic, aids calcium and potassium uptake
Potassium (citrate)12.5 mg	Prevents muscle cramping
Copper (gluconate)0.0625 mg	Antioxidant, helps to produce noradrenaline & prostaglandins
DL phenylalanine50 mg	Increases endorphines (body's natural pain reliever)
Bromelain (2400 mcu/g)75 mg	Anti-inflammatory
White willow bark 4:175 mg	Analgesic, anti-inflammatory, tonic
Wild yam root 4:125 mg	Anti-spasmodic, anti-inflammatory, anti-rheumatic
California poppy 4:125 mg	Anodyne and nervine
Rosemary 4:1 112.5 mg	Circulatory stimulant, helps eliminate pro-inflammatory by-products.

Caution: Do not take during pregnancy or lactation. Do not use in individuals with known or suspected sensitivity to the listed ingredients. Keep at room temperature in a dry, dark place. Keep out of reach of children. Safety sealed for your protection.

ADULT DOSAGE: Take two capsules three times a day (between meals) or as directed by a practitioner.

NPF™ (NATURAL PAIN FORMULA)

White willow bark (Salix alba) contains salicin, known for its antipyretic and pain relieving activity since ancient times. White willow relieves pain and it is good for allergies, headache, backache, nerve pain, joint pain, inflammation, menstrual cramps, toothache, and injuries. Studies with white willow bark extract have shown it to be effective in treating pain associated with osteoarthritis and in reducing lower back pain.¹

Bromelain an enzyme from pineapples, works to breakdown and remove fibrins and other waste products found in the vicinity of damaged tissue, thereby helping to reduce swelling and speed the healing process. Bromelain also seems to block the production of inflammatory prostaglandins that increase swelling and cause pain. Extensive research has been done on the therapeutic benefits of bromelain in reducing inflammation, enhancing wound healing and aiding in recovery from sports injuries.²

DL phenylalanine, is also anti-inflammatory that has proven to be beneficial in patients with chronic, intractable pain. DL-phenylalanine (DLPA) often appears to potentiate pain relief and also ease depression in patients receiving opiates for chronic non-malignant pain. Preliminary studies of chronic pain patients have shown a response rate to DL-phenylalanine from 32% to 75%.³ Data from the pain questionnaires revealed more pain relief on DL-phenylalanine (DPA) reported by 25% of the patients.

Wild yam root (Dioscorea villosa) relaxes muscle spasms, reduces inflammation, stimulated the flow of bile and exhibits a mild diaphoretic effect.⁴ Wild yam supports relief from rheumatism, gallbladder problems, cramps, nerve pain and painful menstruation.

California poppy (Eschscholzia California) is a nervine that can be used wherever an anti-spasmodic remedy is required.⁵ It has the ability to normalize psychological functions and mild pain relieving properties. California Poppy is also useful for anxiety, nervous tension, agitation, restlessness and nervous stomach upsets.

Rosemary (Rosemarinus officinalis) is beneficial in improving

blood circulation and strengthens fragile blood vessels. The flavonoid diosmin in rosemary is reported to be more effective than rutin at decreasing capillary fragility. Rosemary has a tonic effect on the circulation and nervous system. The rosmarinic acid, ursolic acid and apigenin in rosemary also give it anti-inflammatory properties thereby being an aid in easing muscular pain and for rheumatism.

Vitamin B-3 (Niacinimide) supports proper blood circulation and aids in the function of the central nervous system.

Vitamin B-6 (Pridoxine HCl) is converted in the body to the main coenzyme responsible for amino acid and protein metabolism. It helps use protein to build body tissue and aids in the metabolism of fat. Pyridoxine may also help in reducing pain by assisting in the production of serotonin, a critical neurotransmitter.

Copper is important in the formation of collagen, which is an essential protein for bones and connective tissue. A deficiency of copper can also be a factor in joint degeneration. Copper plays a role in the production of prostaglandins (important in controlling blood pressure and smooth muscle contraction) and noradrenaline. Copper has been shown to provide anti-inflammatory benefits for rheumatoid arthritis sufferers.⁶

Calcium regulates bone & muscle growth; with magnesium is involved in electrical impulses in the central nervous system in activating hormones and enzymes; and, supports bodily functions such as blood clotting and blood pressure.

Magnesium supports proper growth and formation of human bones, muscle tissues, and enzymes; is involved in the transmission of nervous system impulses; and assists with the uptake of calcium and potassium.

Potassium plays a vital role in the transmission of electrical impulses and in regulating heart rhythm; helps to maintain the body's water balance; and in stabilizing blood pressure.

This powerful combination of ingredients in NPF™ (Natural Pain Formula) can assist in providing relief from pain and inflammation in a broad cross-section of applications.

References:

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2. Taussig S. and Batkin, S. Bromelain, the enzyme complex of pineapple (Ananas comosus) and its clinical application. AN update. J. Ethnopharmacol 22:191-203, 1988.
3. Walsh NE, Ramamurthy S, Schoenfeld L, Hoffman J. Analgesic effectiveness of D-phenylalanine in chronic pain patients. Arch Phys Med Rehabil. 1986 Jul;67(7):436-9.
4. Phyllis A. Balch and James F. Balch. Prescription for Nutritional Healing. Third edition. Avery (NY): Penguin Putnam Inc; 2000. Wild yam (p.111)
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6. Nutrient intake of patients with rheumatoid arthritis is deficient in pyridoxine, zinc, copper and magnesium. J. Rheumatol, 23(6):990-4; 1996 Jun.