



**Tortured by the Pain & Stiffness caused by Gout or Arthritis?
Let the Herbs Eliminate Uric Acid & Ease Your Movement!**

Gout and Uric Acid

Gout is the result an inflammatory response against accumulation of uric acid crystals formed in joints. Uric acid is the metabolite of purine which some food items are rich in. Owing to genetic predisposition, certain people are more prone to gouty attack.

People at high risk of gout include: ^[1]

- those aged over 40, especially male
- those with family history of gout
- over consumption of purine-rich food or beverages, such as offal, seafood and alcohol
- those who have kidney disease

Herbal Preparations to Relieve Pain

Typical symptoms of gout include swollen joints, typically the big toe, knee or ankle. In severe cases, joints may become deformed and impair patient's motility and working ability. Gout cannot be completely cured, but proper medication and dietary restrictions can help relieve pain and lower the risk of recurrent attacks. Uric acid elimination, inflammation relief and body functions repair could all help to improve symptoms of joint disorders.

Alfalfa

Alfalfa is a type of nutritious legume which has been scientifically proven as a rich source of nutrients including vitamins A, B1, B6, C, E, and K. Nutrient analysis also demonstrates the presence of chlorophyll, calcium, potassium, iron, and zinc.^[2-4] Its deep root system (more than 4m beneath soil surface) allows it to absorb minerals that are not commonly available on soil surface.^[4]

Alfalfa is a natural diuretic, which helps to eliminate excess uric acid and wastes from our body.^[3] Phytochemicals in the plant contribute to its anti-oxidizing, anti-inflammatory properties and help against aging, osteoporosis and inflamed joints.^[2,5]

Turmeric

Turmeric is best known as the main spice in curry. The primary active constituent of turmeric is curcumin, a natural polyphenolic compound which contributes to the vibrant yellow color of the spice.^[6] Turmeric has a long history of use as a treatment for inflammatory conditions.^[6] In addition, turmeric has been recognised to possess diverse properties including anti-oxidative, choleric, hepatoprotectant, and hypolipidaemic effects.^[7] It has been used orally in traditional medicine for the relief of arthritic pain, in which its benefits are strongly supported by scientific evidence.^[6,8] Turmeric could be effective for improving joint conditions like osteoarthritis and rheumatoid arthritis.^[6-8]

Devil's Claw

Devil's Claw is an important traditional medicinal plant growing in the Kalahari region of southern Africa. Recent scientific studies revealed that Devil's Claw is effective in treatment of degenerative rheumatoid arthritis, osteoarthritis, tendonitis and some other inflammation-related diseases.^[9,10] Its efficacy may be explained by its ability to block inflammatory factors such as PGE₂.^[9]

Devil's Claw is also included in the Complete German Commission E Monographs, which justifies it as an effective medicinal plant for use.^[7] Anti-inflammatory, analgesic and anti-oxidizing activity all could help relieve low back pain, gout, arthritis and muscle pain.^[7,9,10] Diuretic property can further enhance uric acid elimination from the body.^[7]

Rutin

Rutin is a flavonoid that can exert hypouricemic action in vivo. Flavonoids are polyphenolic compounds which have remarkable anti-oxidizing power. Rutin is found to inhibit the enzymes xanthine dehydrogenase and xanthine oxidase which catalyse production of uric acid.^[11] In short, rutin can slow down uric acid production and reduce the risk or severity of gout.

PainOff Capsules is recommended for people with gout and other types of joint problems. The ingredients could provide the following remarkable benefits:

- Natural diuretics to speed up uric acid elimination ^[3,7,11,12]
- Relieve symptoms of various kinds of joint inflammation, including gout, rheumatoid arthritis, osteoarthritis & low back pain ^[6-10]
- Improve joint mobility & Minimize disabling effects ^[2-10]
- Reduce pain and muscle stiffness ^[6-10]

- Improve motility and energy ^[2-4,7]
- Provide nutrients necessary for bone strength ^[2-4]
- Anti-oxidant to protect body cells ^[5,8]
- Anti-aging and Improve overall health ^[5,7]

Recommended daily dose:

Adults take 1-2 capsules two times daily or as recommended by physicians.

CAUTION:

If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

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