

# PAIN RELIEF COMPLEX\*

NATURAL PAIN RELIEF FOR OVERWORKED JOINTS\*



Pain Relief Complex effectively relieves pain in joints caused by overexertion and improves restricted movement using a patent-pending blend of boswellia extract and safflower extract. It also promotes flexibility and overall comfortable movement. Plus, Pain Relief Complex is gentle on the stomach.\*



## Pain Relief Complex\*

90 caplets  
#20667

## CHALLENGE

Every day, many of us push our bodies to the limit — whether it's long morning jogs or bending and lifting things at work all day. In the end, our bodies, and especially our joints pay the price. Pain. It is the body's natural warning system, and it deserves a natural response. Pain Relief Complex\* can help.

## PAIN RELIEF COMPLEX\*

Pain Relief Complex\* is a patent-pending blend of natural plant extracts that provides relief, often within just a few weeks.

- Relieves pain and discomfort in joints caused by overexertion\*<sup>1</sup>
- Promotes flexibility and comfortable activity\*<sup>1</sup>
- Features a patent-pending combination of clinically proven *Boswellia serrata*\*<sup>2</sup> extract and proprietary patent-pending safflower extract for natural pain relief for overworked joints\*
- Is gentle on the stomach

## WHO WILL BENEFIT FROM PAIN RELIEF COMPLEX\*?

- People experiencing pain due to overexertion on a day to day basis
- People who participate in strenuous recreational activities, especially “weekend warriors” who normally get insufficient exercise to stabilize joints by increasing muscle strength
- Those who place repetitive stress on their joints at home or work — an increasingly common problem given that the incidence of repetitive joint stress has tripled in recent years

## HOW SHOULD PAIN RELIEF COMPLEX\* BE USED?

- The recommended serving of Pain Relief Complex\* is 3 capsules daily.
- Pain Relief Complex\* can be taken with or between meals.
- Not intended for pregnant or nursing women.
- For children under 12, consult a health care professional.

## WHAT'S IN PAIN RELIEF COMPLEX\*?

### Supplement Facts

Serving Size: 3 Caplets      Serving Per Container: 30

	Amount Per Serving	% Daily Value
<b>Calories</b>	10	
<b>Total Carbohydrate</b>	2 g	< 1%**
<b>Boswellia extract</b> ( <i>Boswellia serrata</i> ) (resin) Standardized to 40% total Boswellic acids	1000 mg	†
<b>Safflower extract</b> ( <i>Carthamus tinctorius</i> ) (flower)	150 mg	†

\*\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.



\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

## SCIENTIFIC EVIDENCE IN SUPPORT OF THE INGREDIENTS IN PAIN RELIEF COMPLEX\*

### ■ **Boswellia extract**

- A controlled clinical trial found that a daily dosage of 1,000 mg of boswellia extract, taken in divided doses, significantly improved joint discomfort, knee flexion, and walking distance<sup>1</sup>
- In a clinical study, an extract containing boswellic acids was shown to promote comfortable joint movement<sup>2</sup>

### ■ **Safflower extract**

- The benefits of the safflower are newly discovered in the West, but it has a long tradition of use in Asia<sup>3</sup>

## WHY CHOOSE PAIN RELIEF COMPLEX\*?

- Relieves discomfort in joints caused by overexertion\*
- Offers a complementary patent-pending combination of natural ingredients for natural pain relief\*
- Gentle on the stomach and contains no aspirin
- Kosher certified

## SUPPORT MATERIALS

- Pain Relief Program Brochure, #74936 (English), #74937 (Spanish)
- October 2003 Hotline — Science Talk #65854
- November 2003 Hotline — Product Profile #65855
- Fall 2003 *Shaklee*® Catalog™ #74920

## COMPLEMENTARY SHAKLEE PRODUCTS

**Joint & Muscle Pain Cream** — For temporary relief of minor aches and pains of joints and muscles. Topical #20669

**Joint Health Complex\*** — Helps build cartilage and naturally improves joint function.\* 90 capsules #20668

**Vita-Lea**® — For complete vitamin and mineral insurance. 120 tablets With Iron #20300, Without Iron #20016

**Sustained Release Vita-C**® — Get the vitamin C you need for the production of collagen, a component of cartilage. 180 tablets #20095

**Shaklee Weight Management Starter Kit** — Restore and energize your metabolism and achieve a healthy weight.  
Vanilla #59000, Chocolate #59002

**Essential Omega-3 Complex** — Provides omega-3 fatty acids to help you maintain normal cardiovascular systems.\* 90 softgels #20234

## REFERENCES:

<sup>1</sup> Kimmatkar et al. Efficacy and tolerability of Boswellia serrata extract in treatment of osteoarthritis of knee — a randomized double blind placebo controlled trial. *Phytomedicine*. 2003; 10:3–7.

<sup>2</sup> Etzel R. Special extract of Boswellia serrata (H15) in the treatment of rheumatoid arthritis. *Phytomedicine*. 1996; 3:91–94.

<sup>3</sup> Hsu HY. *Oriental Materia Medica*. A Concise Guide. 1986. New Canaan, CT, Keats Publishing Inc. and Oriental Healing Arts Institute, Long Beach, CA.

\* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

If for any reason a Shaklee product is not satisfactory, return it to your Shaklee Independent Distributor or Shaklee Corporation for exchange or a full refund.



**For more information, visit [www.shaklee.com](http://www.shaklee.com).**

©2003 Shaklee Corporation  
Distributed by Shaklee U.S., Inc., Pleasanton, CA 94588 03-420 (New 09/03)