

Fatigued to Fantastic!® End Pain™

For relief of occasional muscle pain due to overuse

Introduction:

With busy schedules being the norm, and people being more active even later in life, occasional pain from overuse or exertion is common for many individuals. Jacob Teitelbaum, M.D., a recognized expert in the fields of energy and pain, created this formula to provide natural relief of occasional pain associated with overexertion.

How Does It Work?:

White willow

White willow (*Salix alba*) bark's key ingredient is salicin, a glycoside that is converted into salicylic acid by the liver. Salicylic acid from white willow supports healthy levels prostaglandins, compounds generated by the COX pathway and involved in the body's natural anti-inflammatory response. ¹ Beneficial support has been noted in multiple clinical trials, including a recent study in which 50% of participants (compared to 6% of the placebo group) reported relief of occasional pain due to overuse. ² The adverse effects reported in these trials have generally been very mild. In a study of willow bark, more adverse events were reported in the placebo group than in the group receiving the white willow bark extract. ³

Boswellia serrata Gum Resin An ingredient used for thousands of years, current research shows that *Boswellia serrata* supports the body's own anti-inflammatory response. ⁴ Recent investigations also suggest that inhibition of inflammatory compounds in the body may also provide support of healthy cell development. ⁵

A recent randomized, double-blind, placebo controlled clinical study of *Boswellia serrata* produced a significant decrease in occasional pain and stiffness due to overuse. All the participants continued to take boswellia even after the completion of the study. ⁶

Cherry fruit extract Cherry fruit (*Prunus avium*) extract has been demonstrated to support healthy uric acid levels, a factor linked to healthy range of motion. Recent research has shown that anthocyanins in cherry fruit may also modulate cyclooxygenase I

and II activity, supporting the body's own anti-inflammatory abilities. ^{7,8}

Ingredient	Benefit
White willow bark (Salix alba)	In a clinical study, 50% of participants receiving white willow bark reported relief from occasional pain due to overuse, compared to only 6% in the placebo group. ¹ White willow bark was also shown in a clinical trial to provide significant benefit for joint support, with no benefit reported in the placebo group. ⁹
Boswellia serrata Gum Resin	Boswellia intake produced a significant drop in occasional pain and stiffness due to overuse in a randomized, double-blind, placebo controlled, cross-over study. ⁶
Cherry Fruit Extract (Prunus avium)	Clinical study results showed key actives in cherry fruit support natural anti-inflammatory response. ⁸

Conclusion *Fatigued to Fantastic! End Pain* includes ingredients that are time-tested and vigorously researched for natural relief of occasional pain due to overuse and exertion.

Recommendations: One tablet three times daily. May increase to two tablets three times daily, if needed for additional support. Though relief will be noted immediately, continued use may be needed to achieve maximum effects.

Precautions: Caution: Keep out of reach of children. Do not use if you have an ulcer, or if you are pregnant or nursing. Do not use if you are allergic to or have contraindications for use of aspirin or other salicylates. If you are taking blood thinning or other medications, consult your healthcare practitioner before using this product. Discontinue use two weeks prior to surgery or if stomach upset occurs.

Dr. Teitelbaum's royalties are donated to charity.

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