

Consumer leaflet

Please read this leaflet carefully because it provides important information. proMyalgan is a dietary supplement, sold in pharmacies and health food shops without prescription. According to Directive 2002/46/EC of the European Parliament and of the Council of 10 June 2002 „the labelling of a dietary supplement must not attribute to it the property of preventing, treating or curing a human disease, or refer to such properties.”

proMyalgan™

Dietary supplement

Provides nutrients beneficial in fibromyalgia

Composition: tablet 380 mg

Active ingredients:	1 tablet provides	4 tablets† provide
Daisy leaves extract	70 mg	280 mg*
Wine grape leaves extract	70 mg	280 mg*
Ground olive stones extract	65 mg	260 mg*
Pineapple fruit extract	40 mg	160 mg*
Taurine	30 mg	120 mg*
Sweet almonds extract	10 mg	40 mg*
Orange juice powder	10 mg	40 mg*

Accessory (inactive) substances: Magnesium stearate (E 470b) carrier, cellulose microcrystalline (E460) stabilizer, potato starch (E1404) thickener. *recommended daily allowance has not been established, †amount for 4 tablets - the maximum recommended daily dose.

Recommended usage: One or two tablets once or twice a day during or after a meal. The interval between consecutive doses should not be shorter than 4 hours. One should not exceed the recommended daily dose.

Properties and mode of action: proMyalgan provides natural nutrients that could be taken by anybody. However, the supplementary nutrients provided by proMyalgan are particularly beneficial and recommended for people suffering from fibromyalgia. Hence proMyalgan is recommended by the Norwegian Fibromyalgia Association. The herbal extracts and taurine provided by proMyalgan have a beneficial effect on the circulation and nervous system, improve energy levels and facilitate better regulation of muscle tension (tonus)

Daisy leaves extract (*Bellis perennis*) mainly provides triterpenoid saponines, which show multilateral beneficial biological actions, and also provides the bioflavonoid¹ complex (*apigenin, quercetin and luteolin*), which has powerful antioxidant properties.

Wine leaves extract (*Vitis vinifera*) is a rich natural source of *polyphenols*, and *resveratrol* in particular, that have powerful antioxidant properties and are beneficial for proper function of the circulatory system. Through *sirtuin*² stimulation resveratrol enhances stress resistance and prolongs the life of cells.

Olive extract (extract of ground olive stones) (*Olea europaea*) is a rich natural source of polyphenols, powerful antioxidants and anti-inflammatory agents. Olive extract provides also *γ-aminobutyric acid* (GABA³), *verbascosides, oleosides, tyrosol, rutin and luteolin*. These agents have several beneficial properties, among which are cardioprotective and antioxidant effects. They act as antioxidants' optimizers. They support circulation and heart function, and reduce muscle tension. Too high muscle tension may compress peripheral blood vessels and nerves causing pain, paraesthesia and numbness. These sensations may also affect nearby joints.

Pineapple fruit extract (*Bromelia ananas*) provides a proteolytic enzyme *bromelain* that breaks down proteins and has been used by the food industry as a meat tenderizer. Bromelain helps in clearing blood clots, intensifies some antibiotics. Research confirms that bromelain consumption is beneficial in several clinical situations e.g. for joints, coronary vessels, paranasal sinuses and the urinary tract.

Taurine is *β-amino acid* that has sulfone group. Taurine facilitates creatine transport to the muscles, which improves its effective utilization. Taurine is essential for cardiovascular function, the development and function of skeletal muscle, the retina and the central nervous system. Taurine is a neurotransmitter and it is agonist⁴ of GABA receptors (type A), has a beneficial effect on cognitive function facilities learning by improvement in the metabolism of glial cells and indirectly all nerve cells.

Sweet almond extract (*Prunus amygdalus*) provides minerals (magnesium in particular), vitamins, polyunsaturated fatty acids and glycoside - *amygdalin* called sometimes vitamin B17 (laetrile).

Orange juice in powder (*Citrus aurantium*) is a rich natural source of vitamins, minerals and bioflavonoids.

Additional remarks: Do not use if you are allergic to any of the ingredients. Pregnant or breast feeding women should consult their doctor before use. The product should be stored out of sight and reach of young children and at room temperature.

Dietary supplement cannot be used as a substitute for a varied diet. Product suitable for vegans and vegetarians. Do not use after expiry date shown on this box close to the bar code.

Available packages: containing 2, 4 and 8 blisters with 15 tablets or plastic bottle containing 90 tablets.

Marketing authorisation: Phytomedica Poland Co. Ltd., Phone: +48 22 550 60 30, info@phytomedica.pl, www.phytomedica.pl

proMyalgan™ is registered trademark of Phytomedica Co. Ltd.

Leaflet preparation date: August 2012.

¹ Bioflavonoids are widely distributed in plants fulfilling many functions. The original bioflavonoids such as quercetin luteolin and apigenin, are ubiquitous, but in smaller quantities. Research indicates that flavonoids may modify allergens, viruses, and carcinogens, and so may be biological "response modifiers". In vitro studies show that flavonoids also have anti-allergic, anti-inflammatory, anti-microbial, anti-cancer, and anti-diarrheal activities.

² Sirtuin - SIR - Silent Information Regulator, is a recently discovered group of proteins responsible for many vital processes of the body, among others cell life duration, which is important in neurodegenerative, cardio-vascular diseases and stress tolerance. Resveratrol is the most powerful known sirtuin stimulator.

³ GABA, or gamma-aminobutyric acid, is the most abundant inhibitory neurotransmitter in the brain. While GABA is an amino acid, it is classified as a neurotransmitter and helps induce relaxation and sleep. It balances the brain by inhibiting over-stimulus. GABA contributes to motor control, vision, and many other cortical functions. Anxiety is also regulated by GABA. GABA also stimulates the anterior pituitary, leading to higher levels of Human Growth Hormone (HGH), which contributes significantly to muscle growth and also prevents the creation of fat cells. Moreover, HGH depletion is prevalent in adults over the age of 40 and may be responsible for sleep disturbances or interrupted sleeping patterns. Natural alternative medicines have been shown to act directly on the GABAergic system, allowing for greater availability of this neurotransmitter.

⁴ Agonist - natural substance (hormone, neurotransmitter) or artificial (medicine, drug) that attaches to receptor causing specific reaction in a cell. It is contrary to antagonist that attaches to receptor, blocks it and does not cause any reaction.