

Consumer leaflet

Please read this leaflet carefully because it provides important information. Rheumafort 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 labeling of a dietary supplement must not attribute to it the property of preventing, treating or curing a human disease, or refer to such properties".

Rheumafort™

Dietary supplement

Provides nutrients beneficial for joint health

Composition: Capsule 574 mg

Active ingredients	1 capsule provide†	3 capsules provide‡
Chamomile flower extract	100 mg	300 mg*
Angelica root extract	100 mg	300 mg*
Broccoli sprout extract	100 mg	300 mg*
Astragalus root extract	80 mg	240 mg*
Pineapple fruit extract	50 mg	150 mg*
Lemon fruit extract	40 mg	120 mg*

Accessory (inactive) substances: Magnesium stearate (E470b) carrier, silica dioxide (E551) anti-caking agent, gelatin (E441) capsule shell, titanium dioxide (E171) color, iron dioxide (E172) color.

*Recommended daily allowance (RDA) has not been established. †Amounts given for one capsule - the maximum daily dose, ‡Amounts given for three capsules - the maximum daily dose

Recommended usage: Start from one capsule twice or three times a day during or after a meal. The daily dose can be reduced to one capsule once a day after 2 weeks. One should not exceed the recommended daily dose.

Properties and mode of action: Rheumafort provides nutrients that have a beneficial effect on joint health. This has been confirmed in a clinical study at the Clinic of Rheumatology and Rehabilitation, at Poznan University of Medical Sciences.

German chamomile flower extract (*Matricaria recutita*) provides volatile oils *α -bisabolol* and its oxides, polycyclic compounds (spiroether) and matricin converted into *chamazulene* that has strong spasmolytic, soothing and antioxidative properties. Moreover, the extract provides flavonoids (*apigenin*, *quercetin*), coumarines, and mucilages that show powerful synergistic activity protecting from free radicals cascade (oxidative damage). The chamomile compounds support ACTH and cortisone secretion. The consumption of this chamomile preparation is beneficial in several clinical situations i.a. for joint health^[1,2,3,4].

Lemon fruit extract (*Citrus lemon*) besides vitamins and minerals provides volatile oils containing *limonen*, *citral* and *citronelal* having antiseptic, soothing and strong antioxidative properties. It also provides C vitamin in bioflavonoid complex together with rutin and hesperidin, B vitamins and microelements. The consumption of this lemon preparation is beneficial in several clinical situations i.a. for joint health^[5].

Angelica root extract (*Angelica sinensis*) has been used in in traditional Chinese medicine. Angelica extract provides *angelicine*, *ostol*, *ostenol* and *angelic* and *ferulic* acids that have multidirectional biological activity, i.a. beneficial effect on joint' health^[6]. It also provides essential oils containing *β -felandren*, *α -pinen*, and *p -cymol*, which have antiseptic properties.

Broccoli sprout extract (*Brassica oleracea italica*) is a rich natural source of organic sulfur in so called *thiol groups*. It provides *glutathione*, which plays a key role in antioxidant and detoxification processes.

Research has shown that people who consume too little glutathione more often suffer from joint diseases. Broccoli extract is also a rich source of iron, calcium, potassium, *β -carotene* and folates. It also provides important indol compounds: *indolo-3-carbinol* and *diindolylomethane* (DIM), whose consumption is beneficial in several clinical situations i.a. for joint health^[7].

Astragalus root extract (*Astragalus membranaceus*) provides i.a. triterpenoid saponines, so called *astragalosides*, that have adaptogenic and immunomodulating properties. They improve circulation and blood flow, support toxins elimination, and have an energizing effect. It has been proved in several experimental papers that consumption of triterpenoid saponines from Astragalus is very beneficial in several clinical situations i.a. for joint health^[8,9].

Pineapple fruit extract (*Ananas comosus*) is most of all a source of the proteolytic enzyme *bromelain*, that helps to break down proteins and also may help to break down blood clots. It may intensify antibiotic effects. Several research projects have confirmed that bromelain consumption is beneficial in several clinical situations i.a. for joint health^[10,11,12], coronary vessels, sinuses and urinary tract health.

Additional remarks: Do not use if you are allergic to any ingredient and if the blister containing capsules is broken or after expiry date. The expiry date is on the box close to the bar code. Pregnant or breast feeding women should consult their doctor before use.

A dietary supplement cannot be used as a substitute for a varied diet. The product should be stored out of sight and reach of young children and at room temperature.

Available packages: 120 capsules - 8 blisters containing 15 capsules.

Manufactured in EU. Marketing authorisation: Phytomedica Co. Ltd. Phone: + 48 22 550 60 30, info@phytomedica.pl, www.phytomedica.pl. Rheumafort™ is registered trade mark of Phytomedica Co. Ltd.

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References:

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