

# ADAPTIVE JOINT COMFORT & SPORTS NUTRITION SYNERGIES



a dual mechanistic approach to joint comfort and functionality through both 5-LOX & COX-2 pathways

Known for its 5-lipoxygenase (5-LOX) inhibition activity, *Boswellia serrata* has been used traditionally as a joint comfort solution supporting improved mobility, comfort, joint integrity, and healthy joint aging. *Curcuma longa* is well established cyclooxygenase-2 (COX-2) inhibition activity for favorable benefits promoting healthy joints, supporting improved antioxidant capacity, joint comfort, functionality, and healthy joint aging. Adequate management of both the 5-LOX and COX-2 pathways offers a dual mechanistic approach joint comfort and functionality with clinically supported evidence for fast-acting, long-lasting benefits.

## WOKVEL®

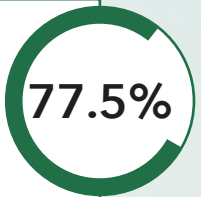
### JOINT HEALTH SUPPORT

Clinical studies have found WokVel® supports improved joint function, healthy inflammatory responses, healthy joint aging, and improved joint structure / integrity<sup>1-4</sup>



### IMPROVED SORENESS & FLEXIBILITY

Research has reported an average of 77.5% increase in knee flexibility, decreased knee discomfort, increased knee flexion, and increased walking distance with WokVel®<sup>1-2</sup>



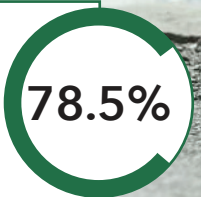
### LONG-LASTING

A clinical study showed patients receiving WokVel® experienced sustained effects after discontinuing supplementation showing WokVel is longer-lasting when compared to an NSAID<sup>1</sup>



### JOINT COMFORT

Studies have shown an average of 78.5% reduction in perceived knee discomfort with WokVel®<sup>1,2</sup>



## LONGVIDA®

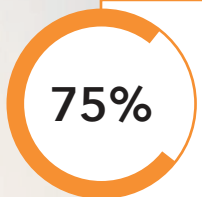
### JOINT COMFORT

In a clinical trial, Longvida® (800mg/day) was found to be as effective as 400mg of an NSAID in reducing joint discomfort<sup>6</sup>



### ANTIOXIDANT ACTIVITY

Longvida® showed a 75% increase in plasma catalase supporting antioxidant activity against oxidative stress at 400mg/day<sup>5</sup>



### FAST-ACTING

Previously shown to offer tangible health benefits to healthy adults in as little as 1hr,<sup>7</sup> Longvida® was found to provide faster acting benefits when compared to an NSAID in the first 30 days<sup>6</sup>



### JOINT FUNCTIONALITY

Research shows Longvida® effectively blunts inflammation, reduces muscle damage, and improves functional capacity with significantly smaller increases in CK (-48%), TNF-a (-25%), and IL-8 (-21%) following exercise<sup>8</sup>



1 - Sontakke S et al. Open, randomized, controlled clinical trial of *Boswellia serrata* extract as compared to valdecoxib in osteoarthritis of knee. Indian J Pharmacol. 2007; 39(1): 27-29.  
 2 - Kimmalkar N et al. Efficacy and tolerability of *Boswellia serrata* extract in treatment of osteoarthritis of knee - A randomized double blind placebo controlled trial. Phytomed. 2003; 10(1): 3-7.  
 3 - Sharma S et al. Pharmacokinetic study of 11-keto beta-boswellic acid. Phytomed. 2004 Feb; 11(2-3): 255-260.  
 4 - Nam DE et al. Effect of *Boswellia serrata* extract on degenerative OA in in-vitro and in-vivo models. J Korean Soc Food Sci Nutr. 02 Apr 2014; 43(5). doi: 10.3746/jkfn.2014.43.5.311-317.  
 5 - DiSilvestro RA et al. Diverse effects of a low dose supplement of lipidated curcumin in healthy middle aged people. The Ohio State University. Nutr J. 2012; 11(1): 79. doi: 10.1186/1475-2891-11-79

6 - Gupte PA et al. Evaluation of the efficacy and safety of capsule Longvida® Optimized Curcumin® (solid lipid curcumin particles) in knee osteoarthritis: A pilot clinical study. J Inflamm Res. 2019;12: 145-152. doi: 10.2147/JIR.S205390  
 7 - Cox KH et al. Investigation of the effects of solid lipid curcumin on cognition and mood in a healthy older population. Centre for Human Psychopharmacology, Swinburne University. J Psychopharmacol. 2015 May; 29(5): 642-651. Epub 2014 Oct 02. doi: 10.1177/0269881114552744  
 8 - McFarlin BK et al. Reduced inflammatory and muscle damage biomarkers following oral supplementation with bioavailable curcumin. University of North Texas. BBA Clinical. 2016 Feb 18; 5: 72-78. doi: 10.1016/j.bbaci.2016.02.003

\*\*See all references at vs-corp.com/research

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