

Cox₂Tame™ Natural COX-2 Inhibitors



- **A Synergistic Blend of Herbal Extracts Known To Be Natural Inhibitors of the Cyclooxygenase-2 Enzyme**
- **Omega-3 Fatty Acids for the Production of Anti-inflammatory PGE3 Prostaglandins**
- **GLA to Support the Synthesis of Healing PGE1 Prostaglandins**
- **Devil's Claw Iridoid Glycosides Clinically Proven to Improve Joint Motility and Flexibility**
- **Natural Salicylates from White Willow Bark**
- **Curcumin, Ginger, Quercetin, Resveratrol and Green Tea to Reduce Cellular Pro-Inflammation Signals and Gene Expression**

from plants, in part because of its antioxidant and free radical scavenging actions. This famous member of the ginger family is the ingredient which gives Indian curries their bright yellow color. In Ayurvedic medicine, it is used to improve digestion and the health of the intestinal tract. It is a primary herb recommended to maintain joint health, but also in cases of infections and liver problems. Chinese medicine, similarly, uses tumeric in cases of liver dysfunction and joint stiffness. It is postulated that curcumin activates cellular sites which are sensitive to adrenal hormones, such as cortisol.

White Willow bark (*Salicis cortex*) is a source of salicin and salicortin. Acetyl-salicylic acid, the active component of aspirin, was originally created by altering an extract of white willow bark. Ancient Chinese herbalists used the bark to relieve pain and fever, and similar recommendations can be found in the writings of the Greek physician Dioscorides. When European colonists first came to North America, they discovered that Indian tribes on this continent already used the bark of willows to treat pain, inflammation and fever. A number of other herbs contain antioxidants and related compounds which act either to directly inhibit COX-2 or to disrupt the signaling process which activates COX-2 gene expression. **COX₂Tame** also utilizes ginger, quercetin, resveratrol and green tea to provide comprehensive support to the body's own natural mechanisms for controlling COX-2 and its negative effects.

Usage And Safety

As a dietary supplement, take 1 to 3 softgels per day at mealtime with water or juice, or as directed by your qualified health consultant. NOTE: Individuals taking anticoagulant medication should consult a physician before taking this product.

References

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Supplement Facts		
Serving Size 3 Softgels	Servings Per Container 30	
Amount Per 3 Softgels % DV		
Fish Oil (Source of Omega 3 Fatty Acids) (Providing 122 mg EPA and 7 mg DHA)	290 mg	*
GLA (Gamma Linolenic Acid) (from 210 mg of Borage Seed Oil 24% extract)	50 mg	*
Resveratrol, Total (<i>Polygonum cuspidatum</i>) (Derived from 200 mg Resveratrol 8% extract)	16 mg	*
Curcumin (<i>Curcuma longa</i>)(95% Curcuminoids)	300 mg	*
Ginger (<i>Zingiber officinale</i>)(rhizome) (5% Gingerols and Shogaols)	250 mg	*
Green Tea (<i>Camellia sinensis</i>) (45% polyphenols)	150 mg	*
Devil's Claw (<i>Harpagophytum procumbens</i>) (5% iridoid glycosides)	250 mg	*
White Willow Bark (<i>Salicis cortex</i>) (15% salicin)	200 mg	*
Quercetin	250 mg	*

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More Help From Herbs

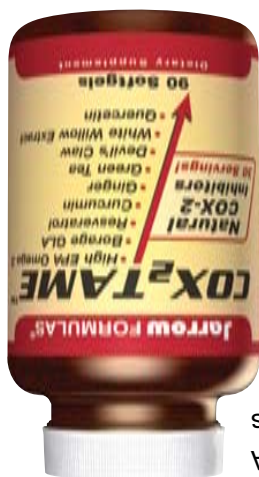
fatty acid levels in the blood.

and has a favorable impact upon cholesterol and toning of the gallbladder, increases the release of bile like the herbal bitter, gentian root. It improves the functional gastrointestinal tract, Devil's Claw appears to act much like the herbal bitter, gentian root. With regard to the discomfort in two out of 43 patients. Results were reported within eight days, and the only negative reports were slight digestive and relief of stiffness. Results were reported in clinical trials with regard to improvement in the range of motion results from greater than 80% of those tested in clinical the rate of 1.5 gram/day for 60 days received favorable results from greater than 80% of those tested in clinical trials with regard to improvement in the range of motion and relief of stiffness. Results were reported within eight days, and the only negative reports were slight digestive discomfort in two out of 43 patients. With regard to the gastrointestinal tract, Devil's Claw appears to act much like the herbal bitter, gentian root. It improves the functional of the gallbladder, increases the release of bile salts, and has a favorable impact upon cholesterol and fatty acid levels in the blood.

Devil's Claw Inhibits COX-2

Certain natural herbal extracts exert beneficial effects upon COX-2. Devil's Claw is one of these. The active components appear to be its iridoid glycosides, such as the harpagosides which are unique to Devil's Claw. Even as a crude whole powder, Devil's Claw alone taken at the rate of 1.5 gram/day for 60 days received favorable results from greater than 80% of those tested in clinical trials with regard to improvement in the range of motion and relief of stiffness. Results were reported within eight days, and the only negative reports were slight digestive discomfort in two out of 43 patients. With regard to the gastrointestinal tract, Devil's Claw appears to act much like the herbal bitter, gentian root. It improves the functional of the gallbladder, increases the release of bile salts, and has a favorable impact upon cholesterol and fatty acid levels in the blood.

Jarrow FORMULAS® COX₂Tame uses the omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), derived from fish oil that has undergone molecular distillation to ensure maximum purity. Although these are closely related fatty acids, EPA and DHA have somewhat different roles within the body. EPA exerts its major activity by suppressing the arachidonic acid cascade and by increasing the production of anti-inflammatory prostaglandins (PG), in particular the series or "family" of prostaglandins called PGE3. Supplying EPA, a substrate for prostaglandins called PGE3. the body's natural regulators of COX-2, thus can support the body against many types of damage. Conditions which are characterized by chronic inflammation can compromise the function and integrity of the joints and other tissues. The body can readily re-convert DHA back to EPA, and DHA has its own special



Omega-3 and GLA To Control Arachidonic Acid

operation of several organ systems, including the brain and the kidneys. Therefore, it is desirable to support the body's own mechanisms for influencing COX-2. Inflammation, moreover, is a signal of damage to local tissues as well as being a cause of such damage. Free radicals and strong oxidants appear in the body from many different sources and attack tissues through pathways not limited to those controlled by COX-2. There are other arachidonic acid-activating pathways in the body, for instance, those of 5-lipoxygenase and 12-lipoxygenase, which also can be influenced by natural mechanisms.

One of the cyclooxygenase enzymes is highly desirable even under conditions of active inflammation. Cyclooxygenase-1 (COX-1) is important for producing prostaglandins that protect the stomach and kidneys against damage by acid and other forms of assault. Only discovered in 1991, it is cyclooxygenase-2 (COX-2) which activates many pathways which use arachidonic acid to manufacture inflammation-inducing prostaglandins. Most synthetic inhibitors block both pathways, and therefore both protect and damage the body at the same time. Serious gastrointestinal side effects can be caused by inhibitors of COX-1. Recently, a new class of synthetic inhibitors that block only COX-2 has been proposed as safe alternatives, but this promise has not turned out to be entirely true in practice. COX-2 may have a critical role for immune function, in regulating sodium, water and body temperature, in nerve transmission, and in the proper

arise because the cyclooxygenase enzyme is actually list. These problems associated with synthetic inhibitors Cardiovascular issues recently have been added to this damage to the gastrointestinal tract, liver and kidneys. Fortunately, can cause a variety of problems, primarily Synthetic inhibitors of the cyclooxygenase enzyme, un-

The cyclooxygenase enzyme is the body's common site of action for a number of processes which lead to inflammation and pain as a result of its pivotal role in the production of a pro-inflammatory family of prostaglandins. These particular prostaglandins are hormone-like signaling agents which are manufactured primarily from arachidonic acid.

The COX-2/Inflammation Connection

Cox₂Tame™ Natural COX-2 Inhibitors