

# SOFT TISSUE SUPPORT PACK



## CLINICAL APPLICATIONS

- Supports Healthy Tendon and Ligament Function
- Promotes Healthy Inflammatory Balance
- Addresses Post-Workout Muscle Tightness
- Promotes Normal Tissue Recovery and Repair

## MUSCULOSKELETAL HEALTH

Soft Tissue Support Pak combines the functional formulations of four top products in a single pack to create the perfect nutritional protocol for soft tissue and muscle support. It promotes healthy connective tissue, supports the body's healing process and relieves post-workout muscle tightness, all while helping to establish healthy inflammatory balance. Soft Tissue Support Pak includes the following supplements: 2 Traumeric capsules, 3 Vascuzyme tablets, 2 GABAnol capsules and 1 C-Flav capsule. These ingredients provide a multi-dimensional approach for soft tissue support delivered in convenient packets for ease of use and better compliance.

### Overview

Inflammation is a natural part of the body's immune response, a cascade triggered to protect the body and maintain normal tissue repair. Soft Tissue Support Pak provides a full spectrum of botanicals, enzymes and micronutrient factors to promote a balanced inflammatory response and address discomfort of ligaments and tendons. In addition, gamma-aminobutyric acid (GABA) and glycine are included to support muscular relaxation. The addition of flavonoids, such as quercetin and rutin provide additional soft tissue and blood vessel support.

### Turmeric Root Extract (standardized to contain 95% Curcumin)<sup>†</sup>

Curcumin, the active compound in turmeric, has been shown to have strong NFkB-modulating properties and plays a crucial role in maintaining inflammatory balance. Its mechanisms include inhibition of several cell signaling pathways at multiple levels to promote a healthy cycle of inflammation.<sup>1,2</sup> Studies

have also shown that curcumin provides cardiovascular protection, strengthens the immune system, normalizes oxidative stress in soft tissue, and improves cognitive function.<sup>3-6</sup>

### Proteolytic Enzymes (as Vascuzyme)<sup>†</sup>

Soft Tissue Support Pak also includes Vascuzyme, which provides the powerful enzymes bromelain, trypsin, amylase, lipase, lysozyme, cellulase and alpha chymotrypsin. This combination has been used for many years in Europe as part of a multi-dimensional approach for tissue repair and recovery. Vascuzyme provides bromelain, an enzyme derived from the stem of the pineapple plant. It has been used historically to support healthy soft tissue recovery and muscle healing. As a protease enzyme, bromelain breaks down proteins into amino acids and peptides in a process known as proteolysis. Studies have highlighted the efficacy of systemic enzyme therapy for a variety of uses, including musculoskeletal health and exercise-related recovery.<sup>10-13</sup> When taken orally, a percentage of these protease enzymes are absorbed into the body where they actively break down proteins and other complexes created during physical activity. This action supports the body's normal tissue recovery process. In addition to its proteolytic enzyme activity, bromelain works via the kinin pathways to reduce arachidonic acid formation in the body. This supports the body's immune system and promotes inflammatory balance.<sup>8,9</sup> In vitro, animal, and human data all show that enzyme therapies are capable of cleaving immune complexes, which are known inflammatory mediators.<sup>[14,15]</sup> In one study, among four different types of immune complexes prepared in vitro and incubated with different concentrations of an enzyme mixture, papain or pancreatin, approximately 90% of the

<sup>†</sup> These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

antigen complexes were cleaved by low doses of pancreatin. In addition, antibody complexes were gradually cleaved by concentrations from 5-80 mg%.<sup>16</sup>

### Flavonoids (as C-Flav)<sup>†</sup>

Quercetin, hesperidin complex, hibiscus flowers, and rutin are also included in the Soft Tissue Support Pak to help support healthy capillary permeability and stabilize tendon and ligament function. Quercetin is a potent antioxidant which inhibits inducible ICAM-1 expression, an important pathway for maintaining normal levels of inflammation.<sup>17</sup> Quercetin has been shown to stabilize mast cells by releasing key cytoprotective factors to promote the balanced release of inflammatory mediators from mast cells.<sup>18</sup> It also directly inhibits tyrosine kinase and nitric oxide synthase, and modulates the activity of inflammatory mediator NFkB. Rutin is a flavonoid that has been shown to help maintain levels of the biological antioxidant reduced glutathione. Vitamin C is always recommended with flavonoids such as rutin and quercetin since they act in synergy, and vitamin C has been shown to increase the cross-linking of collagen to improve the structural integrity of ligaments and tendons. It is also a potent antioxidant, reducing oxygen free radicals caused by inflammatory processes.<sup>19</sup>

### GABA and Glycine (as GABAnol)<sup>†</sup>

GABA and glycine are amino acids that impart neurotransmitter activity within the central nervous system (CNS). GABA and glycine both have an inhibitory (calming) effect in the CNS promoting a sense of relaxation in the brain and body by decreasing nerve cell over-firing. Acting as major inhibitory neurotransmitters, GABA and glycine reduce excitatory activity in the brain resulting in a decrease in signals that trigger muscle spasms. This contributes to a natural, muscle relaxing effect for tense and tight muscles and ligaments. It promotes a calming effect in sites prone to tension and discomfort.

### Directions

1 packet per day or as recommended by your health care professional. Best if taken on an empty stomach; take closer to a meal to improve tolerance.

### Does Not Contain

Wheat, gluten, dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, sweeteners or preservatives.

Contains the following potential allergens: corn, pineapple/ bromelain and animal/plant enzymes.

### Cautions

Very high doses may have contraindications in patients taking Coumadin/ Warfarin, or with patients with bleeding disorders. Do not consume if you are pregnant or nursing.

<b>Supplement Facts</b> <sup>v6</sup>		
Serving Size 1 Packet Servings Per Container 9 & 30		
<b>1 packet contains</b>	<b>Amount Per Serving</b>	<b>% Daily Value</b>
Vitamin C (as Ascorbic Acid USP, Acerola Fruit Extract)	470 mg	522%
Vitamin B6 (as Pyridoxine Hydrochloride USP)	50 mg	2,941%
Calcium (as Calcium Carbonate)	120 mg	9%
Magnesium (as DiMagnesium Malate)	15 mg	4%
<b>Enzyme Blend</b>	<b>705 mg</b>	
Providing:		
Protease (from Pancreatin)	90,000 USP Units	*
Amylase (from Pancreatin)	90,000 USP Units	*
Papain	1,080,000 USP Units	*
Trypsin	18,000 USP Units	*
Lipase (from Pancreatin)	7,200 USP Units	*
Chymotrypsin	2,025 USP Units	*
Bromelain (from Pineapple)	324 GDU	*
Turmeric Root Extract (Standardized to contain 95% Curcuminoids)	660 mg	*
Quercetin Dihydrate	385 mg	*
Gamma Aminobutyric Acid (GABA)	250 mg	*
Bromelain (2,400 GDU/g) (from Pineapple)	240 mg	*
Glycine USP	225 mg	*
Cramp Bark	200 mg	*
Rutin	175 mg	*
Dong Quai Root Extract (Standardized to contain 1% Ligustilide)	150 mg	*
Acerola Fruit Extract (Standardized to contain 17% Vitamin C)	100 mg	*
Hesperidin Complex	50 mg	*
Hibiscus Flowers	50 mg	*
* Daily Value not established		

**ID# 351009 9 Packets**

**ID# 351030 30 Packets**

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