

CHRONIC AND UNRESOLVED INFLAMMATION

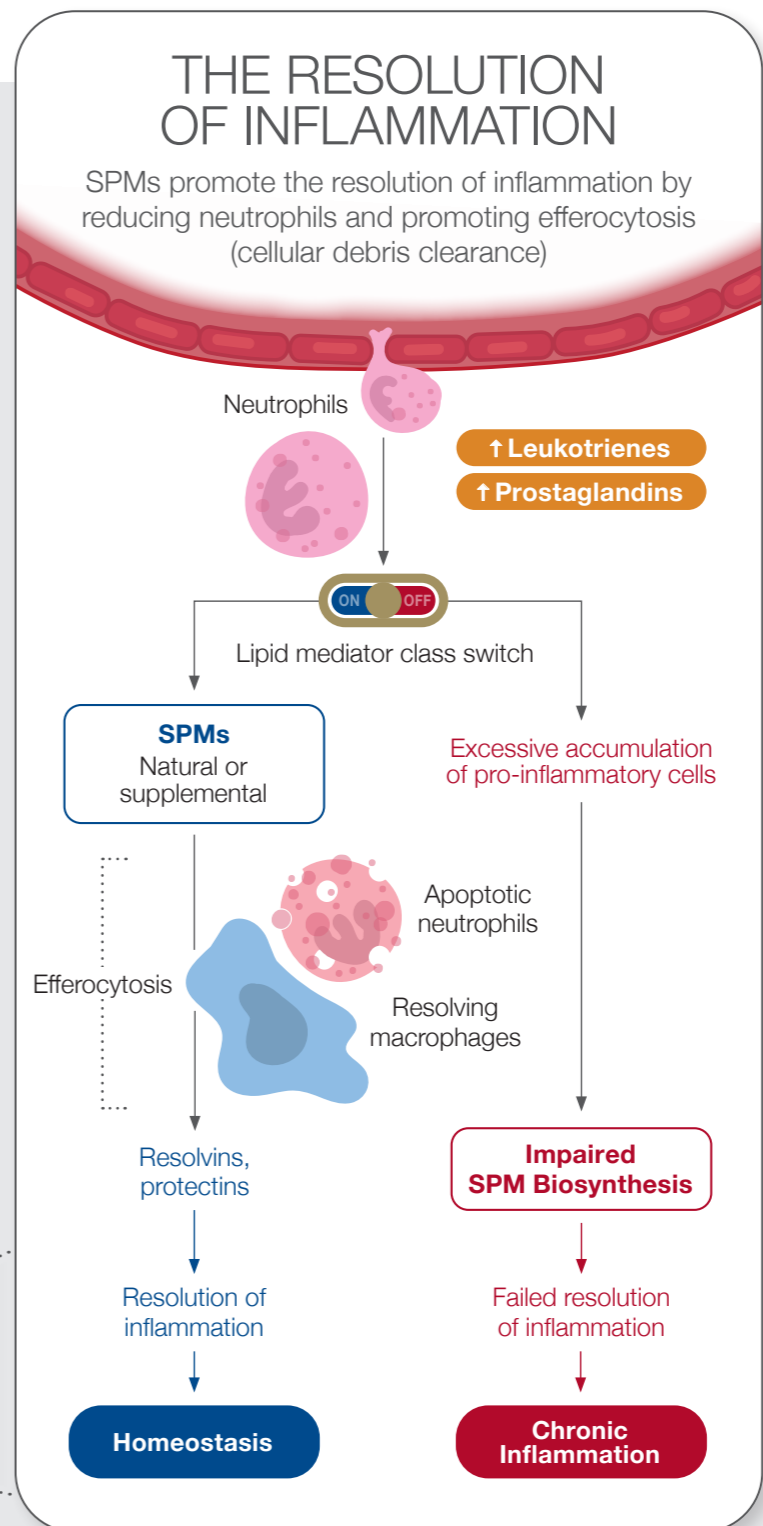
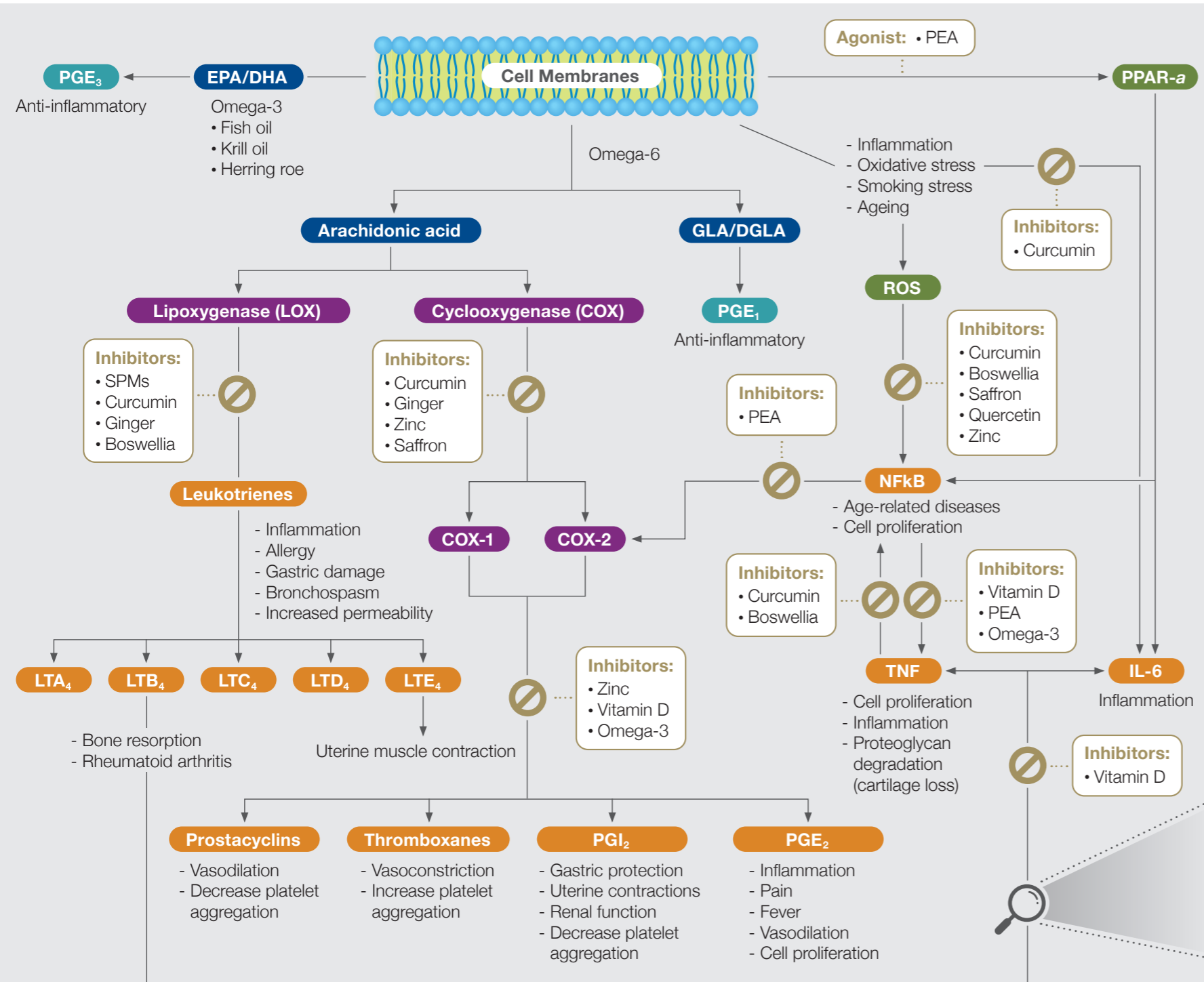


1 in 3
Australians have a
CHRONIC INFLAMMATORY DISEASE¹

SPECIALISED PRO-RESOLVING MEDIATORS (SPMs) are lipid mediators synthesised from omega-3 fatty acids EPA and DHA, that **PROMOTE THE RESOLUTION OF INFLAMMATION**

AGEING AND CHRONIC INFLAMMATION
INHIBIT OUR ABILITY TO PRODUCE **MEDIATORS** necessary for the resolution of inflammation⁴

HERBAL AND NUTRIENT ACTIONS IN PAIN AND INFLAMMATION



KEY HERBS AND NUTRIENTS IN CHRONIC AND UNRESOLVED INFLAMMATION:

- Specialised pro-resolving mediators (SPMs)*
- Omega-3 fatty acids
- Palmitoylethanolamide (PEA)
- Vitamin D
- Quercetin
- Curcumin
- *Boswellia serrata* (boswellia)
- *Crocus sativus* (saffron)
- *Zingiber officinale* (ginger)

- *Types of SPMs
- Lipoxins
 - Resolvins
 - Protectins
 - Maresins

CLINICAL SIGNS OF UNRESOLVED INFLAMMATION:³

- Pain, arthralgia and myalgia
- Fatigue
- Insomnia
- Depression, anxiety and mood disorders
- Gastrointestinal complaints
- Obesity or overweight
- Frequent infections and illness