



PAIN X

What to do when it hurts? Enerex Pain X offers potent natural herbal anti-inflammatories that reduce pain without negative side effects associated with NSAIDs. A specialized blend of botanical extracts and the miracle enzyme Serrapeptase offer well researched relief of joint and arthritic pain.

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OVERVIEW

No pain, no gain? Nonsense. Whether you have ligament or joint pain due to injury, surgery, over-training or a chronic inflammatory ailment such as arthritis, the type of pain that reduces mobility should not be neglected, or accepted as part of aging.

If you're in midlife, the painful truth is that if you don't already have aching joints, one in two will by age 75. We have all witnessed how chronic pain and restricted movement can severely affect quality of life. Yet, living with pain – and the inflammation that accompanies it – can be remedied without drugs. Nature made powerful protectors inside many plants that can reduce your pain and increase your performance.

Enerex Pain X offers a specialized blend of botanical anti-inflammatories that reduce pain. Well known botanicals and fruits like Pineapple, Devil's Claw, Turmeric, Hops, Pine Tree Bark and Black Pepper, and the miracle enzyme Serrapeptase offer relief of joint and arthritic pain, and are backed by extensive research.

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Take a positive approach to living pain-free. Consider:

- **Hops Extract** (Perlucan®), from the Hops plant, subdues pain by reducing the body's pro-inflammatory chemicals with its alpha acids
- **Serrapeptase** enzyme “digests” protein particles, helping to break up and remove scar tissue in joints, and acts as an anti-inflammatory while blocks the pathway of pain.
- **Turmeric** contains Curcumin, which is well substantiated by medical science that it decreases inflammatory enzymes called COX-2 and 5-LOX to reduce pain
- **Pine Bark Extract** (Enzogenol®) has antioxidants called procyanidins and phenolic acids that fight arthritic inflammation and scavenge free radicals which cause premature aging
- **Devil's Claw**, a traditional herbal remedy root, also has research to prove its ingredients block pathways which cause joint inflammation
- **Boswellia** improves joint pain and mobility with its regeneration properties in a component called boswellic acids
- **Bromelain** from pineapple is a well-known anti-inflammatory and protein-digesting enzyme that has been shown to speed healing and reduce arthritic pain
- **Black Pepper** contains piperine, a chemical that helps to reduce pain by triggering receptors in your body which respond to counteract the feeling of pain.

Relief without side effects

We all ache now and then – whether it's a headache, pulled muscle or stiff joint. Most of us don't have time to deal with pain so we take a non-steroidal anti-inflammatory drug (NSAID) such as ibuprofen, aspirin, celecoxib or naproxen to cover symptoms and get on with our day.

However, *The Physicians' Desk Reference* book lists over 100 side effects for NSAIDs including heartburn, constipation, diarrhea, vomiting, hemorrhage, ulcer perforation and even kidney failure. In fact, these seemingly safe and harmless mainstays in our medicine cabinet can have devastating effects. NSAID-related gastrointestinal complications rank 15th among the most common causes of death in the US.

Taking the time to research safer alternatives will pay off in the end.

Tell-tale signs that you're beginning to get arthritis

Morning joint stiffness is often the first symptom of a chronic problem, with creaking and cracking of joints on movement, and then pain during motion.

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Your fingers feel stiff after typing a few hours; your knees hurt when you bend; there's a nagging pain in the shoulder you injured a few years ago; your hip aches after exercise. Then there may be swelling and restricted movement, and eventually, loss of joint function.

What are the causes? Age, injury, chronic musculoskeletal overuse, structural abnormalities, calcium buildup, formation of uric acid crystals in the joints, joint infection, or infection of the kidneys, heart, liver or lungs can contribute to arthritic disorders.

Get the most from your joints without enduring pain

No one wants to feel pain, but as the population ages, one in six of us are now dealing with pain at a given moment. Lifestyle factors including the following can drastically reduce the amount of discomfort that you feel...

The following can also help **prevent further pain**, and enable your body to keep pace with your ambitions.

- participating in low-impact exercise to keep limber
- drinking more water
- avoiding foods that increase acidity (red meat, sugar, cooked foods, saturated fats, alcohol, processed carbohydrates)
- eating high-antioxidant foods (fresh fruits, vegetables and herbs)
- taking natural botanical pain remedies (rather than medications)
- slowing down to get adequate rest and allow healing when you injure yourself
- therapies such as acupuncture, physiotherapy and vibrational therapy

Why do you get painful joints?

Healthy joints protect bone ends from physical wear and tear. Over time, repeated movements (even walking) can cause shocks, which cartilage in healthy joints will absorb.

As you age, softening of this cartilage can result in the loss of elasticity and in inflammation and pain. Why pain?

Although pain is very subjective – what can feel painful to one person may not even be noticed by another – the physical perception of pain is relayed from the spot on the body where it is stimulated (like an injured knee) to nerve endings that sense the

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stimulus; they send the signal to the central nervous system, and then the brain receives the information for further processing so that action can be taken.

Scientists are not sure why pain feelings vary so greatly, but one thing is for sure: if you're not used to participating in a particular activity, almost any form of repeated movement can leave you with a reminder the next day. For those who push their personal edge during exercise, joint and muscle pain may be a regular occurrence. But tissue damage and inflammation at any level require attention to avoid repercussions including premature aging of the joints and the potential of acute injury down the road.

INGREDIENTS

EACH VEGETARIAN CAPSULE CONTAINS:

90 DRcaps™ Delayed Release Vegetarian Capsules

Medicinal Ingredients:

Perlunan® (Hops, 30% Humulone, strobiles)	350 mg
Serrapeptase (<i>Serratia marcescens</i> E-15, whole cell) 40,000 SU	20 mg
Turmeric (<i>Curcuma longa</i> , 50:1, 400 mg DHE*, rhizome)	8 mg
Boswellia (65% Boswellic Acids, gum oleoresin)	30 mg
Devil's Claw (6:1, 420 mg DHE*, secondary root tuber)	70 mg
Enzogenol® (<i>Radiata Pine</i> , 80% Proanthocyanidins, stem bark)	10 mg
Bromelain (<i>Ananas comosus</i> var. <i>comosus</i>) 3,240,000 FCC PU.	90 mg
Black Pepper (<i>Piper nigrum</i>)	10 mg

Non-Medicinal Ingredients: vegetable magnesium stearate, microcrystalline cellulose, silicon dioxide, hypromellose (vegetarian cellulose complex DR capsule)

There are no other ingredients added to this formula.

* Dried Herb Equivalent

Perlunan® is a registered trademark of Pharmachem Laboratories Inc.

Enzogenol® is a registered trademark of ENZO Nutraceuticals Ltd.

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FEATURES

The following offers further information on plant-derived aids that **Enerex Pain X** uses to reduce inflammation and pain:

Hops: Hops, commonly known as a beer making ingredient, is popular medicinal herb useful for everything from sleep disorders and ADHD to indigestion and bladder infections. Enerex specifically chose the patented ingredient Perluxan™ for its **Pain X** Hops Extract.

This extract's benefits are based on the therapeutic effects of its alpha acids that reduce inflammatory chemicals. But it doesn't have the estrogenic or sleep-inducing aspects found in other Hops Extracts (which are not wanted in this formula).

The acids in Hops help reduce pain-causing compounds in a short time (often offering relief the first time it is taken, sometimes within two hours), and with a low dose. Extensive research has established that Perluxan® works with the body's pathways responsible for inflammation, affecting "markers" usually associated with pain including prostaglandin E2, COX--2, and interleukin-1.

The alpha acids in Hops are also antioxidants, meaning they fight free radicals that cause premature aging and diseased joints. Research has found that up to 40% of pain-causing chemicals in the body come from a pathway related to free radicals. (see Pine Tree Bark),

Several studies found that Perluxan® supports joint health, soothes aches from overexertion, and is as effective as ibuprofen at reducing the effects of COX-2 to relieve osteoarthritis pain within hours after taking it. (S. Hougee et al., "Selective Inhibition of Humulus Lupulus and activity on arthritis" *Planta Med* 2006, 72 3:228-233) & (R. Jager, M. Purpura et al., "Efficacy of Oral Perluxan in subjects with knee osteoarthritis", *Pharmachem. Summary of Clinical Trial Results*, 2007.) & (F. Zhao, et al., "Inhibitors of nitric oxide production from Humulus lupulus L" *Bio. Pharma Bulletin*, 2003, 26 1: 61-65)

Serrapeptase: Serrapeptase is an enzyme that chops up or "digests" particles made of protein. It is produced by silkworms which use it to dissolve their cocoons (which are used for silk fabric) when they're ready to become a moth. Serrapeptase acts as an anti-inflammatory and pain-blocker ...

Research proves that Serrapeptase is as effective as NSAIDs (like aspirin and ibuprofen) but it has no negative side effects. Serrapeptase can also help to break up and remove

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scar tissue in joints caused from injuries — in addition to arterial plaque, blood clots, cysts and uterine fibroids.

Over 30 years of clinical research shows that Serrapeptase reduces inflammation by thinning the fluids formed from injuries, surgery and other inflammatory conditions, and helps the fluid to drain. This also speeds tissue repair. It relieves chronic pain by blocking the release of the body's pain-inducing amines (natural chemicals) in inflamed tissue. It breaks down unhealthy growths, dead or damaged tissue – without harming living tissue – and plaque build-up by dissolving protein by-products called fibrin.

Boswellia: The resin of the Boswellia tree, which grows in India and the Middle East, has been used for incense and medicine for centuries. Boswellia gum-resin, tapped from the tree trunk, is widely used to treat chronic inflammatory diseases.

Boswellia resin contains several acids that decrease the effect of the body's enzymes that are responsible for inflammation — one acid called Acetyl-11-keto boswellic acid is the most potent. (M.Z. Siddiqui et al., "Boswellia Serrata, A Potential Anti-inflammatory Agent: An Overview", *Indian Journal of Pharmaceutical Sciences*, Indian Institute of Natural Resins and Gums, Namkum, Ranchi, India, 2011)

Clinical research on the gum-resin of Boswellia has shown to improve symptoms in patients with osteoarthritis and rheumatoid arthritis. (Poeckel D, et al. "Boswellic acids: Biological actions and molecular targets." *Curr Med Chem*. 2006;13:3359–69.) & (Sharma ML, et al. "Anti-arthritic activity of boswellic acids in bovine serum albumin (BSA)-induced arthritis." *Int Immunopharmacol*. 1989;11:647–52.)

The acid from Boswellia resin reduced inflammation by 35% in one human study, and the way it works is unlike aspirin and steroidal drugs that are usually prescribed for pain relief. (Moussaieff A, et al. "A novel anti-inflammatory compound isolated from *Boswellia* resin inhibits nuclear factor-kappa B activation." *Mol Pharmacol*. 2007;72:1657–64.)

Turmeric: Turmeric is considered one of the most important healing spices due to its anti-inflammatory properties.

Many studies have shown that Turmeric's ability to reduce inflammatory enzymes called COX-2 and 5-LOX protect cells from cancer, heart disease and other chronic conditions including arthritis. In fact, the powerful component responsible for its healing called curcumin has been researched and proven for over 40 years. (Arora RB, et al. "Anti-inflammatory studies on *Curcuma longa* (turmeric)". *Indian Journal Med Res*. 1971;50:1289–95.)

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Bromelain: Although Bromelain, made from pineapple stems, is one of the most popular remedies for digestion – used in most digestive enzyme supplements – it may be one of the most overlooked anti-inflammatory nutrients.

Over the past decade, several human clinical studies reveal that Bromelain formulas are as effective as prescription drugs in relieving arthritis pain and inflammation. Bromelain has powerful anti-inflammatory properties in addition to containing its protein-digesting enzymes that are beneficial for digestion. Bromelain also helps heal sports injuries, and speed recovery time for surgery; and scientists have recently discovered that Bromelain has tumor-fighting properties, too.

To reveal its effects on arthritic pain, German researchers divided 90 patients with osteoarthritis into two groups: one receiving Bromelain for six weeks, the other an anti-inflammatory drug. The Bromelain was as effective for pain, stiffness and physical function, and better tolerated than the drug. Researchers concluded, “the Bromelain may well be recommended for the treatment of osteoarthritis of the hip with signs of inflammation as indicated by a high pain level.” (Klein G, et al. “Efficacy and tolerance of an oral enzyme combination in painful osteoarthritis of the hip.” *Clin Exp Rheumatol*. 2006 Jan-Feb;24-1:25-30.)

Two other recent studies have also found it effective for joint pain and inflammation. (Brien S, et al. “Bromelain as a treatment for osteoarthritis: a review of clinical studies.” *Evid Based Complement Alternat Med*. 2004 Dec;1-3:251-7.) & (Akhtar NM et al. “Oral enzyme combination versus diclofenac in the treatment of osteoarthritis of the knee”. *Clin Rheumatol*. 2004 Oct;23-5:410-5.)

Devil’s Claw: The root of Devil’s Claw, native to the Kalahari Desert, has been used in Africa to treat arthritis for generations, and was introduced to Europeans for pain relief in the early 1900s. The herb’s roots and tubers (shaped like a claw) act as an analgesic and anti-inflammatory due to natural chemicals called iridoid glycosides.

It may be difficult to believe that a plant with a name like Devil’s Claw could have such beneficial effects, but the research is well documented. Several studies have found that Devil's Claw offers much pain relief as taking pharmaceutical medication but without side effects, and improves physical functioning in people with osteoarthritis.

Here are recent studies revealing its safety and effectiveness:

Brendler T, et al; “Devil's Claw (*Harpagophytum procumbens* DC): an evidence-based systematic review by the Natural Standard Research Collaboration.” *Journal Herb Pharmacother*. 2006;6(1):89-126.

Brien S, et al. “Devil's Claw (*Harpagophytum procumbens*) as a Treatment for Osteoarthritis: A Review of Efficacy and Safety.” *Journal Altern Complement Med*. 2006;12(10):981-93.

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Cameron M, et al. "Evidence of effectiveness of herbal medicinal products in the treatment of arthritis. Part I: Osteoarthritis." *Phytother Res.* 2009 Nov;23(11):1497-515.

Denner SS. "A review of the efficacy and safety of devil's claw for pain associated with degenerative musculoskeletal diseases, rheumatoid, and osteoarthritis." *Holist Nurs Pract.* 2007;21(4):203-7.

Wegener T, Lupke NP. Treatment of patients with arthrosis of hip or knee with an aqueous extract of devil's claw (*Harpagophytum procumbens* DC.). *Phytother Res.* 2003;17(10):1165-72.

Pine Tree Bark: You may not consider pine trees for anything other than their greenery and collectible pine cones, but certain varieties are considered powerful healers. Pine bark extract is made from the bark of the Radiata Pine Tree.

Pine Tree Bark has antioxidants that fight arthritic inflammation and scavenge free radicals which contribute to pain (and all diseases). This may be why Pine Bark has been used in folk medicine in many parts of the world. Enzogenol[®], the name of the proprietary extract that **Enerex Pain X** uses, is rich in these antioxidants.

To discover and verify Pine Tree Extract's antioxidant benefits, researches from the University of Canterbury, New Zealand, created new technology using pure water molecular selection, and found that Enzogenol[®] contained almost every flavonoid antioxidant group. They found an unprecedented concentration of oligomeric proanthocyanidins, which are believed to be one of the key groups responsible for helping the body fight free radicals.

Free radicals are chemical reactions caused from oxygen in the body that can have very damaging effects because they change the molecular structure of your cells. Research has found that not only do free radicals contribute to joint diseases, but that up to 40% of pain-causing chemicals in the body come from a pathway related to free radicals. That is why antioxidants found in plant foods are so vital to consume every day.

Recent research on Pine Bark Extract shows it has substantial effects for osteoarthritis; it was completed using a similar Pine Tree Bark called Pycnogenol[®].

Black Pepper not only adds pep to food, it has a variety of health benefits from its piperine, a chemical similar to capsaicin found in hot chili peppers. Piperine helps to reduce pain (by triggering TRPV1 receptors in your body, which respond to counteract pain).

Piperine extracted from Black Pepper is taken orally or combined with other ingredients in an analgesic cream applied to skin to relieve pain. Piperine is also found in research to

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affect cancer cell formation, and may help stunt tumour growth. It also promotes cardiovascular health by helping to regulate blood pressure and reduce inflammation.

Black Pepper is high in manganese; manganese jumpstarts enzymes needed to metabolize (absorb and use) nutrients including proteins and fats. It also supports healthy bones, and helps make collagen required for wound healing. Every civilization in recorded history has used Black Pepper (*Piper nigrum*); it was even once used as a form of currency.

AILMENTS

Anti-Inflammatory & Pain

Enerex Pain X offers a specialized blend of botanical anti-inflammatories that reduce pain without negative side effects. Pineapple Bromelain, Devil's Claw, Turmeric, Hops, Pine Tree Bark, Black Pepper and Serrapeptase offer relief of joint and arthritic pain, in addition to other causes of pain, and are backed by extensive research. These potent ingredients contain antioxidants that fight inflammation and scavenge free radicals, and enzymes that "digest" pain-inducing proteins in the body, and beneficial components that block biochemical pathways which cause inflammation.

Antioxidants

Enerex Pain X offers a specialized blend of botanical antioxidants that scavenge free radicals which cause inflammation, pain, degeneration and premature aging. Turmeric, with its well-researched component curcumin, Hops Extract, and its alpha acids, Pine Tree Bark, rich in antioxidants called proanthocyanidins, and Boswellia, with its regeneration component called boswellic acid, are included in this pain reducing joint health formula.

Skeletal System

Enerex Pain X offers a specialized blend of botanicals that increase the life of ligaments, joints and other hardworking areas of the musculoskeletal system. Boswellia improves mobility with its regeneration properties; Turmeric offers curcumin's antioxidants that fight premature aging in bones and joints; Pineapple Bromelain has anti-inflammatory enzymes that speed healing; Devil's Claw reduces joint inflammation; Pine Tree Bark is potent in antioxidants that reduce

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pain and prevent disease; and Serrapeptase enzyme helps to break up and remove scar tissue. All are backed by extensive research.

PACKAGING

Why should you care about **Enerex Pain X**'s bottle? We chose this packaging because it protects the product and the planet.

Enerex products are housed in recyclable BPA-free PETE plastic containers to provide the best protection against oxidation, moisture, sunlight, and “chemical migration” from container to product (so the supplements don’t acquire toxins from the plastic). In all of these areas, PETE is virtually equal to that of glass but without the larger environmental footprint left by glass packaging (it’s very heavy to transport, using more fossil fuel).

PETE plastic is far superior to that of HDPE plastic: HDPE plastic is used for the majority of products on the market, but unlike more costly PETE bottles, HDPE plastic starts to immediately degrade the product inside because it doesn’t provide a protective barrier to oxygen or moisture. Studies show high concentrations of chemicals that have migrated from HDPE bottles to the product inside compared to PETE and glass bottles.

TESTIMONIALS

Please leave a testimonial if you like this product.

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