

# ETHICAL NUTRIENTS

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## CLINICAL

## A NEW APPROACH TO PAIN MANAGEMENT



**Evidence Based. Meticulously Crafted. Real Results.**



Always read the label and follow the directions for use.

# NERVE PAIN - NUMBNESS, TINGLING, SHOOTING, BURNING, PINS & NEEDLES

You barely give the billions of nerves in your body a second thought when all is working as it's supposed to be. But you certainly become well acquainted when something goes awry. The sensations of nerve or neuropathic pain can be painful and frustrating and often interfere with important parts of everyday life.

## The purpose of pain

The feeling of pain serves an important purpose. If you touch a hot oven, it is your nerves that convey the pain sensation to your brain alerting it to danger, which in turn makes you quickly move your hand away to avoid further harm.



**1 in 20 Australians**  
suffer nerve pain<sup>1</sup>

## How nerve pain differs from regular pain

In people with nerve pain, this messaging system isn't working properly, due to prior damage, an injury or a medical condition. The brain receives wayward signals where you feel real pain in the form of tingling and numbness, or a burning, shooting or stabbing sensation but there is no obvious pain-inducing event. Pain can flare up at any time unprompted. To make matters worse, prolonged nerve pain and associated inflammation can also make the nervous system more sensitive to pain, leading to a vicious cycle. Pain may result from something that isn't normally painful such as a bed sheet brushing against the skin.

<sup>1</sup> Henderson J, Pollack AJ, Pan Y, Miller GC. Neuropathic and non-neuropathic chronic pain at GP encounters: Prevalence, patient characteristics, suffering and pregabalin use. Aust Fam Physician. 2016 Nov;45(11):783-786. PubMed PMID: 27806445.

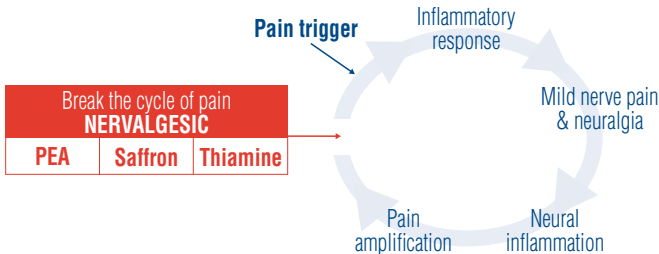
# FOR MILD NERVE PAIN & NEURALGIA



- Relieves mild nerve pain & neuralgia
- Reduces associated inflammation
- Supports healthy nerve function
- Provides high strength PEA; a cutting-edge lipid
- Breaks the pain cycle

**Nervalgesic** contains high strength and bioavailable PEA, a cutting-edge ingredient that assists with mild nerve pain and inflammation. Thiamine supports nervous system function, and when combined with PEA, saffron and vitamin B1, Nervalgesic works to break the pain cycle. Just one capsule daily for nervous system support and one capsule twice daily for mild nerve pain, neuralgia and inflammation.

Palmitrol (PEA - Palmitoylethanolamide) (Levagen+™)	300mg
<i>Crocus sativus</i> , dry stigma extract	7.5mg
from dry stigma (affron®)	22.5mg
Thiamine hydrochloride (Vitamin B1)	50mg



Vegan  
Friendly



No Wheat  
or Nuts



No Dairy  
or Eggs



No Artificial  
Colours or Flavours



No Artificial  
Sweeteners



No GMO

# ARE YOU GUILTY OF SPENDING HOURS HUNCHED OVER A SCREEN AND MOVING LESS THAN YOU SHOULD BE?

These are among the unfortunate habits of the modern lifestyle and common contributors of various body aches and pains, such as back, neck and shoulder pain.

If you have back or neck pain, you're certainly not alone. These are common problems experienced by millions of Australians everyday. In fact, back pain is one of the leading reasons for visiting a doctor and for missing days at work.<sup>1</sup>

Back and neck problems might be mild or debilitating and symptoms may be infrequent or more constant. Either way, they are almost always disruptive to day to day life to some extent.

## Muscles, nerves and inflammation

Back pain might be common but it can be complicated to manage. Your back is a complex structure made up of bones (vertebrae), connective tissue, muscles, nerves and joints and this can make it difficult to identify the exact cause of pain. If one part is "faulty", it can affect the whole system.

Back pain might be muscular in origin and also involve the nerves and inflammation or it might be driven by a nerve issue. If it is nerve pain, inflammation and muscular spasms may also be present, with the spasm occurring as a protective mechanism. The body attempts to protect the affected area from further injury by tightening the muscles and thus limiting movement. However, this can actually make the pain even worse and lead to a vicious pain cycle.<sup>1</sup>

## The Statistics Across Pain Types



4 million, or **1 in 6 Australians** experience back problems<sup>2</sup>



There is a higher incidence of **persistent pain in females** than males<sup>3</sup>



On average, patients visit a healthcare professional **once a week** for their pain<sup>4</sup>

<sup>1</sup> Zbigniew Szopinski J MD, PhD, 2014, Reflexive Physical Therapies, in The Biological Action of Physical Medicine, pp 73-222, Academic Press, Cited 01/03/2021, Available from <https://www.sciencedirect.com/topics/medicine-and-dentistry/compression-injury-of-nerve>

<sup>2</sup> ABS 2019b, Microdata: National Health Survey, 2017-18, detailed microdata, DataLab, ABS cat. no. 4324.0.55.001, Canberra: ABS, Findings based on AIHW analysis of ABS microdata.

<sup>3</sup> ABS 2016, Microdata: Survey of Disability, Ageing and Carers, 2015, Confidentialised Unit Record File, ABS cat. no. 4430.0.30.002, Canberra: ABS, Findings based on AIHW analysis of ABS microdata.

<sup>4</sup> A Snapshot of How Australians are Managing their Pain 2019, Pain Australia, Cited 14/05/2021, <https://www.painaustralia.org.au/static/uploads/files/electronic-persistent-pain-outcomes-collaboration-14-11-2019-wfowrramcja.jpg>

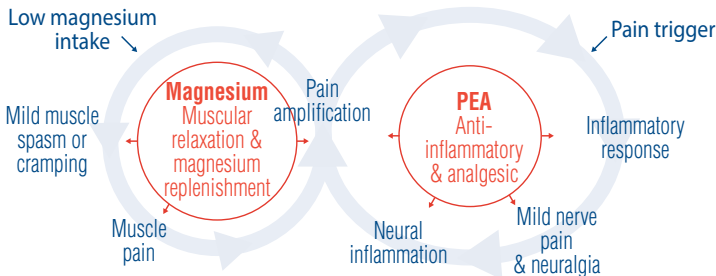
# PAIN RELIEF AND NEUROMUSCULAR SUPPORT



- For mild nerve pain and muscle spasm relief
- Combination of high strength and bioavailable PEA + Magnesium
- Great tasting, easy to use powder with new colour changing technology

**Nervalgesic Muscle** works on the neuronal and muscular processes to help break the pain cycle. It contains high strength, bioactive PEA, an innovative ingredient that assists with mild nerve pain and inflammation combined with highly absorbable magnesium to help relieve muscle spasms, pain and cramping and replenish magnesium stores. A great-tasting powder that when mixed with water, changes from blue to pink. Just one scoop daily to support muscle relaxation and one scoop twice daily to relieve pain and inflammation.

Magnesium glycinate dihydrate (Meta Mag® - Magnesium diglycinate)	2.1g
Equiv. magnesium	210mg
Palmitrol (PEA - Palmitoylethanolamide) (Levagen+™)	300mg



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# ETHICAL NUTRIENTS CLINICAL



Ethical Nutrients Clinical is a specialist range of evidence-based products, designed for use by healthcare practitioners to achieve therapeutic patient outcomes. As an advocate for high quality standards, our products are formulated with stringently-sourced, premium ingredients, and we offer you online visibility to quality testing information (TruQuality™) for every single formula we create.



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This company meets the highest standards of social and environmental impact

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