



— Your Trusted Source —

Boswellia AKBA

Introduced 2005



What Is It?

Boswellia AKBA supports the structural integrity, motility and comfort of joint cartilage and promotes gastrointestinal health and cell health.*

Uses For Boswellia AKBA

Joint Support: Boswellic acids maintain healthy 5-lipoxygenase (5-LO) activity, moderating leukotriene biosynthesis. Data suggests that of the various boswellic acids, 3-acetyl-11-keto-beta-boswellic acid, or AKBA, is considered the most powerful. AKBA helps preserve the structural integrity of joint cartilage, promotes gastrointestinal health and maintains a healthy immune mediator cascade at the cellular level.*

Immune Support: In addition to maintaining healthy 5-LO activity, exciting new research has revealed that 5-LOXIN® may influence healthy gene expression of immune compounds. In studies, 5-LOXIN® has demonstrated the potential to support joint motility and comfort, in part by promoting a healthy immune response. It may also play a role in maintaining healthy matrix metalloproteinase (MMP) activity, supporting connective tissue structural composition.*

Gastrointestinal Support: A randomized double blind study involving 102 individuals revealed that AKBA supports gastrointestinal health. Further studies have indicated that AKBA may provide gastrointestinal support by maintaining healthy immune activity in the endothelial lining of the digestive tract. Moreover, studies suggest AKBA supports healthy cell signaling and cell cycle function for high capacity cellular support.*

What Is The Source?

5-LOXIN® *Boswellia serrata* extract is a patent pending extract providing ten times as much AKBA as typical boswellia extracts. The extract is derived from the gum resin of the boswellia serrata plant, commonly known as frankincense. It is standardized to contain 30% AKBA (3-acetyl-11-keto-beta-boswellic acid). Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil. Hypo-allergenic plant fiber is derived from pine cellulose.

Recommendations

Pure Encapsulations recommends 1 capsule per day, with a meal.

Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. Rare side effects of boswellia include diarrhea, skin rash, acid reflux and nausea and may be contraindicated in those with pre-existing gastritis or gastro-esophageal reflux disease (GERD).

Are There Any Potential Drug Interactions?

Studies suggest boswellia moderates 5-lipoxygenase and therefore may interact with leukotriene inhibitors.

Boswellia AKBA

each vegetarian capsule contains  v 0

5-LOXIN® Boswellia serrata extract Indian frankincense (boswellia serrata) extract (gum resin)100 mg (standardized to contain 30% 3-acetyl-11-keto-beta-boswellic acid (AKBA)).....	30 mg
ascorbyl palmitate (fat-soluble vitamin C)	10 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	
1 capsule daily, with a meal.	

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