



# AYURSCIENCE® RE-MOOV



AyurScience Re-Moov is a synergistic combination of herbal medicines traditionally used in Western Herbal Medicine and Ayurveda for inflammation and mild joint pain. Traditionally these herbal medicines have been used to relieve pain, reduce mild joint inflammation and reduce soreness. Use AyurScience Re-Moov capsules daily to help with mild joint pain and reducing inflammation.

## PRODUCT BENEFITS:






- Synergistic anti-inflammatory formula
- Power of five medicinal botanicals
- Dual action joint health formula to help:
  - Manage mild joint pain
  - Decrease inflammation
- Convenient, easy to swallow capsule
- Based on time-tested Western and Ayurvedic Herbal Medicines
- Suitable for vegetarians and vegans
- Manufactured in Australia

## WHEN TO USE:

Take AyurScience Re-Moov to provide relief of aches, pains, swelling and inflammation. The formulation supports in managing inflammation including mild joint cartilage wear and tear, mild sporting injuries, general ageing, and mild joint conditions. Consider AyurScience Re-Moov to provide relief of mild:

- Joint pain
- Joint aches
- Joint swelling
- Pain and soreness
- Inflammation

**AyurScience Re-Moov is suitable for adults and children over 12 years old.**

ACTIVE INGREDIENTS	PER CAPSULE	MUSCULOSKELETAL FUNCTION ACTION
 <b>Alpinia galanga (Galangal)</b> Root extract Equivalent to dry	150 mg 750 mg	Reduces pain and inflammation and may help to improve symptoms of mild joint pain and inflammation
 <b>Boswellia serrata (Boswellia)</b> Gum oleoresin Equivalent to dry Equivalent to boswellic acid	125 mg 500 mg 81.25 mg	Anti-inflammatory and pain relief for joint health, helps to support improved mobility and movement
 <b>Curcuma longa (Turmeric)</b> Rhizome extract Equivalent to dry	20 mg 500 mg	Helps manage inflammation and may aid in supporting joint cartilage health
 <b>Withania somnifera (Ashwagandha)</b> Root extract Equivalent to dry	75 mg 1.5 g	A well-known tonic, helping support joint health, and may support mobility and movement
 <b>Zingiber officinale (Ginger)</b> Root extract Equivalent to dry	87.5 mg 1.75 g	Helps support circulation, important for mild joint pain, and recovery

## DOSAGE & DIRECTIONS FOR USE:

**Adults 12 years and over:** 2 capsules daily with food or as professionally prescribed.

*For those not able to swallow capsules: Contents of the two-piece capsule put onto a spoon, added to food or drink.*

**Children under 12 years:** Please consult your healthcare professional.



Recyclable



Manufactured in Australia



Cruelty-Free



Plant-based, suitable for Vegetarians & Vegans



Tested for Heavy Metals

Always read the label. Follow the directions for use. If symptoms persist, talk to your health professional. Talk to an Ayurvedic practitioner or other health professional if you are unsure if this medicine is right for you.

**Tell me more:**

What is Shotha hara? 'Shotha Hara' refers to Ayurvedic Medicines that aim to improve swelling, pain and inflammation.

***Alpinia galanga*: Galangal**

Widely cultivated across Asia, Galangal is a rhizome, like Ginger or Turmeric, rich in essential oils which can be smelt when cutting open a fresh piece of rhizome, and with cooking. It is widely featured in Asian cuisines, with a similar taste to Ginger. Galangal has been used as a herbal medicine for centuries in many cultures including Middle East, China, India and Thailand. The Indian traditional medicine, Ayurveda, recognises galangal for its support in many inflammatory conditions that affect the muscles and joints.

In addition to essential oils galangal is rich in other compounds that enable reduction of inflammation and pain. Clinical studies confirm galangal's benefit in reducing joint inflammation and pain, including in the elderly.

***Boswellia serrata*: Boswellia, Indian Frankincense**

The resin of Boswellia, also commonly known as Frankincense, has been used in cultural and religious ceremonies for thousands of years in many cultures, dating back to ancient times. Boswellia grows as a tree in dry mountainous regions across West Asia, Africa, Middle East and India.<sup>20</sup> There are 25 known species of Boswellia, with *Boswellia serrata* used for medicinal purposes. In traditional medicines, including Ayurveda, it is used to manage inflammation and pain, especially of the joints.

Scientific research confirms the traditional use and indicate the Boswellic acids to be a key active component of Boswellia. Boswellic acids have potent anti-inflammatory properties and shown in clinical studies not to have negative side effects. Clinical studies also confirm better movement along with reduction in mild joint pain and inflammation for patients taking Boswellia. The research indicates Boswellia works on inhibiting some of the biological pathways that create inflammatory agents, and that it can be used long term without negative effects.

***Curcuma longa*: Turmeric**

A member of the Ginger family, Turmeric is a well-known herb that has been used in many traditional medicine systems since ancient times. Native to South-East Asia, Turmeric has been a part of Ayurvedic culture for over 4000 years as an important food and herbal medicine. It is now widely used in Western Herbal Medicine and as a complementary medicine to support and manage inflammation for various conditions, including joint health. In Ayurvedic medicine, Turmeric is used to strengthen and warm the whole body and to relieve joint swelling, helping support movement. Interestingly and despite its strong colour, it has also been used topically on local application for sprains amongst many other traditional uses.

Turmeric is one of the most extensively researched herbal medicines, with research accelerating over the past two decades. Research shows the diversity in the use of Turmeric likely due to its anti-inflammatory action. The active constituents are polyphenols called the curcuminoids including curcumin. Turmeric extracts have been shown to relieve mild joint pain and inflammation by down regulating the production of inflammation and helping protect cartilage and as an antioxidant. A systematic review assessing the results of human clinical studies concluded that Turmeric improves joint health, alleviating knee pain and improving joint function without adverse reactions.



***Withania somnifera*: Ashwagandha, Winter Cherry, Indian Ginseng**

Ashwagandha has become one of the most popular herbs in recent times and is also used in Western Herbal Medicine, most popularly used as an adaptogen tonic.

Ashwagandha is considered one of the most important herbs used in Ayurvedic medicine considered a 'Rasayana' - a herbal preparation that promotes a youthful state of physical and mental health, expanding happiness. Used for over a millennium, it is believed to give the power of a 'horse' and amongst its most common traditional uses include supporting debility from old age, musculoskeletal symptoms and to aid in joint health.

Ashwagandha's antioxidant properties have been found clinically to support joint health, to improve physical health and support quality of life for individuals with mild joint discomfort and morning stiffness.

***Zingiber officinale*: Ginger**

Ginger originated in South-East Asia and is widely used around the world as an ingredient in many foods. For centuries Ginger has also been an integral part of various traditional medicines across China and India. In Ayurvedic Medicine Ginger is used to improve peripheral circulation and to warm the body, reducing feelings of cold and pain. It is mainly used to support with 'Vata' and 'Kapha' Ayurvedic Doshas, especially in cold climates.

Ginger has a wide range of therapeutic benefits, including being anti-inflammatory. It contains two specific compounds, gingerol and zingerone, which have been scientifically identified to have anti-inflammatory properties. Several studies indicate that Ginger supports in decreasing chronic inflammation by inhibiting inflammation-triggering compounds produced by the body called prostaglandins. Ginger features as a synergistic botanical in traditional medicine formulations. Research shows it helps assist in reducing mild joint pain symptoms.



### Why choose AyurScience Re-Moov?

AyurScience Re-Moov provides multiple actions that target the numerous causes of mild musculoskeletal pain and inflammation.

Our team of scientists and health experts have selected botanicals with strong traditional use, backed by science, to deliver daily support for mild joint pain, pain and inflammation.

The synergistic power of five carefully selected botanicals, based on traditional use in Ayurvedic and Western Herbal Medicine, help to:

- Relieve inflammation by using botanicals with 'Shotha hara', anti-inflammatory properties as traditionally used in Ayurvedic medicine
- Reduce mild joint pain and soreness
- Relieve pain, with analgesic activity
- Relieve mild joint symptoms such as pain, swelling and soreness

### Complementary support to consider:

- **Speak to your health care professional:**
  - Joint pain can be the symptom of an underlying condition. Speak to your healthcare professional to address our specific needs.
  - Ayurvedic medicine and natural health practices approach joint pain in a holistic manner. Consider discussing your condition, especially if you have had chronic joint pain, with a healthcare professional.
- **Anti-inflammatory diet:** Consider making some improvements to your diet to help decrease inflammation. Some tips include:
  - Ensure good intake of fresh fruits and vegetables
  - Reduce your consumption of refined and processed foods including sugar, fried foods and processed carbohydrates which contribute to inflammation.
  - Ensure you have good dietary intake of omega-3 essential fatty acids. These are found in fish, seafood, chia seeds, walnuts and flaxseed oil.
  - Aim for at least three serves of fish per week. Consider smaller deep sea-fish that is wild-caught.
  - Reducing your dietary intake of red meat and shellfish to no more than three times per week.
  - Consider incorporating regular celery juice into your diet.
  - Incorporate bone broth into your diet, rich in collagen.
- Warm up your joints and body with warm baths including magnesium epsom salts, massage (including Ayurvedic massage) and saunas. Gentle self-massage of your joints may also help.
- Use a warming balm oil on your joints, such as a traditional Ayurvedic formula.
- Consider supplementation with fish oils or vegan-omega 3 algae oils and/ or magnesium depending on your needs.

**ABOUT AYURSCIENCE**

We are a proudly Australian, family-owned business guided by a deep appreciation for the ancient, botanical preparations of Ayurveda, backed by the latest clinical data. Pronounced AH-YUR-SCIENCE, AyurScience comes from the word Ayurveda, a traditional and natural system of medicine originating in India more than 5,000 years ago and is still widely used today.

We blend ancient wisdom with modern science to create powerful remedies accessible to everyone. Using carefully selected ingredients that must meet our strict quality criteria, each product is formulated to support synergistic benefits, and manufactured in Australia to our high standards in a TGA approved facility meeting TGA criteria for therapeutic goods and complementary medicines.

We work with a team of naturopaths, pharmacists, Ayurvedic practitioners and scientists, in Australia and internationally, to bring you quality natural herbal remedies to support you and your family's health.

**How we formulate:**

At AyurScience we value quality and efficacy. We ensure our ingredients go through additional screening to ensure high quality, and our products are produced in Australia to high TGA standards.

We do not add gluten, lactose, dairy, soy, egg or animal products to our formulas.

Our AyurScience formulations are made with minimum processing aids and to ensure good stability.

**Contact our practitioner experts:** [ayurscience.edu@alphamed.com.au](mailto:ayurscience.edu@alphamed.com.au) **OR** 02 9748 0007

