



Frank Flex

KICK THE PAIN AWAY



A synergistic blend of ingredients with proven properties of healing joint pain, inflammation, stiffness, rheumatoid arthritis, cartilage degradation, and mobility issues. The light oil base is skin-friendly, easily absorbed, and acts as an emollient for the active compounds. Formulated with natural antioxidants that are healthy for the skin and shelf-life of the product. Frank Flex is safe for recommended use.

MAIN INGREDIENTS (100% natural)

Frankincense oil, Curcuminoids purified from turmeric, Extract of Harshringar (*Nyctanthes arbor-tristis*), MCTs (medium chain triglycerides of coconut oil).

HOW TO USE THIS PRODUCT

1. Start with clean, dry skin.
2. Dispense a little Frank Flex, the massage oil on the affected area.
3. Massage with the tips of fingers for a few minutes.
4. Hot fomentation on the affected area will enhance the action of Frank Flex.
5. You can now stretch the painful joints slowly or fulfill the exercise sessions recommended by your physiotherapist.
6. Remember to always patch test a small area of skin before using any new external use product, and discontinue the use if allergic irritation occurs.

ABOUT THE KEY INGREDIENTS

Frankincense oil derived from the *Boswellia* tree, contains active compounds such as boswellic acids and terpenes, which possess anti-inflammatory and analgesic properties. These compounds inhibit pro-inflammatory enzymes like 5-lipoxygenase and cyclooxygenase, thus reducing inflammation and pain associated with diseases of the bone joints, such as arthritis. Additionally, frankincense aids in promoting cartilage repair and regeneration by modulating cytokine production and collagen synthesis, contributing to improved joint function and mobility. Its ability to suppress autoimmune responses further makes it beneficial in managing conditions like rheumatoid arthritis, wherein the immune system attacks the joints.

Curcuminoids, the active compounds found in turmeric, exert potent anti-inflammatory and antioxidant effects, making them valuable in treating diseases of the bone joints. Curcuminoids inhibit various pro-inflammatory pathways, including the NF- κ B pathway and the production of inflammatory cytokines such as interleukins and tumor necrosis factor-alpha (TNF- α). By doing so, they mitigate inflammation within the joints, thereby reducing pain and swelling associated with conditions like arthritis. Moreover, curcuminoids possess chondroprotective properties, meaning they help preserve cartilage integrity and function.

They stimulate the synthesis of extracellular matrix components like collagen and proteoglycans, essential for maintaining healthy cartilage structure. Additionally, curcuminoids suppress enzymes involved in cartilage degradation, such as matrix metalloproteinases (MMPs) and aggrecanases, thus preventing further joint damage.

Medium-chain triglycerides (MCTs) are fractionated products of pure coconut oil. They aid in the penetration of active compounds into the skin by serving as effective carriers due to their unique physicochemical properties. MCTs possess a low molecular weight and are composed of fatty acids that readily permeate the stratum corneum, the outermost layer of the skin. This enhances the solubility and dispersion of hydrophobic active compounds, facilitating their transport through the lipid-rich skin barrier.

Harshringar Extract - *Nyctanthes arbor-tristis*, commonly known as the night-flowering jasmine or Parijat, possesses anti-inflammatory, analgesic, and antioxidant properties attributed to its phytoconstituents, such as flavonoids, alkaloids, and phenolic compounds. These bioactive compounds inhibit inflammatory mediators like prostaglandins, leukotrienes, and cytokines, thereby attenuating inflammation and pain associated with bone joint diseases. Additionally, *Nyctanthes* modulate immune responses, suppressing autoimmune reactions implicated in conditions like rheumatoid arthritis. It also enhances blood circulation to affected joints, promoting tissue repair and regeneration.

REFERENCES OF SCIENCE JOURNALS AS EVIDENCES FOR THE PROPERTIES

Analysis of anti-rheumatic activity of *Nyctanthes arbor-tristis* via in vivo and pharmacovigilance approaches
<https://www.frontiersin.org/journals/pharmacology/articles/10.3389/fphar.2023.1307799/full>

Study of anti-inflammatory activity in the leaves of *Nyctanthes arbor tristis* Linn. — an Indian medicinal plant
<https://www.sciencedirect.com/science/article/abs/pii/S0378874184900771>

Effectiveness of *Boswellia* and *Boswellia* extract for osteoarthritis patients: a systematic review and meta-analysis. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7368679/>

A pilot, randomized, double-blind, placebo-controlled trial to assess the safety and efficacy of a novel *Boswellia serrata* extract in the management of osteoarthritis of the knee.
<https://onlinelibrary.wiley.com/doi/full/10.1002/ptr.6338>

The Clinical Use of Curcumin for the Treatment of Rheumatoid Arthritis: A Systematic Review of Clinical Trials
https://link.springer.com/chapter/10.1007/978-3-030-56153-6_15

Effectiveness of curcuminoids in the treatment of knee osteoarthritis: a systematic review and meta-analysis of randomized clinical trials. <https://onlinelibrary.wiley.com/doi/full/10.1111/1756-185X.13069>

FORMULATED BY AN AYURVEDA PHYSICIAN

info@synergynutratek.com

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