

# Boswellia Complex Research Study

In a 4-week observational research study, clients from private clinical practice in Australia were prescribed MediHerb® Boswellia Complex in a normal consultation to support healthy joints.\*

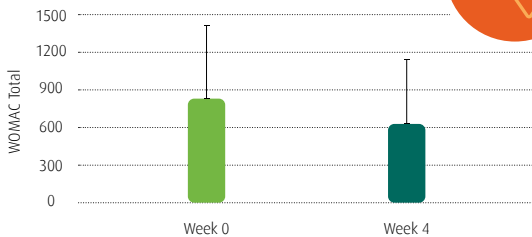
A survey-based format was used to assess outcomes for patients. The survey was administered before and after 4 weeks of supplementation with MediHerb® Boswellia Complex. There was no control group, and no restrictions on co-prescriptions, additional treatments or lifestyle advice.

The WOMAC index was used to assess pain, stiffness and physical function. Additional survey questions included dosage, medication/complementary medication usage, joint problems, adverse events and basic demographics.



## Results - WOMAC Total

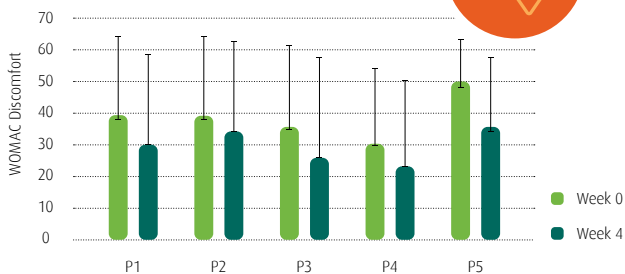
25% ↓



- ✓ Overall mean reduction from 833 to 628
- ✓ 25% decrease in overall symptom score on average
- ✓ P=0.001 (paired t-test)
- ✓ A decrease in score indicates an improvement in symptoms

## Results - WOMAC Discomfort

22% ↓



- ✓ There were 5 separate questions
- ✓ Mean reduction was from 37 to 29
- ✓ 22% overall decrease in discomfort reported at week 4
- ✓ P<0.0001 (paired t-test)

## Study Participants

22 practitioners participated in the study.

62 patients enrolled in the study completing the baseline portion of the survey with 43 completing both the baseline survey and the survey following the 4 weeks of supplementation. (study completion rate of 69%).

Total results are based on 43 completed surveys received.

## Patient Demographics



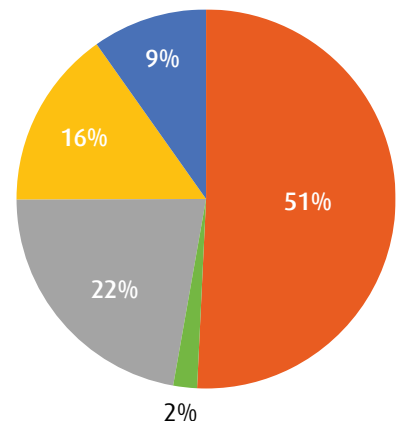
32 Females



11 Males

### Condition

- Joint discomfort
- Uric acid build up
- Mild back discomfort
- Non-specific mild joint discomfort
- Other



## Results - WOMAC Physical Function

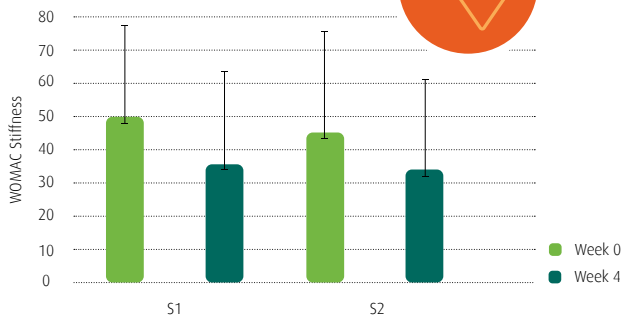
24% ↓



- ✓ Improvement of scores across all 17 questions about level of difficulty with certain physical activities.
- ✓ Includes activities like: shopping, climbing stairs, domestic chores, rising from a chair or getting out of bed
- ✓ Mean change from 34 to 26
- ✓ Average 24% reduction in difficulty
- ✓  $P < 0.0001$  (paired t-test)

## Results - WOMAC Stiffness

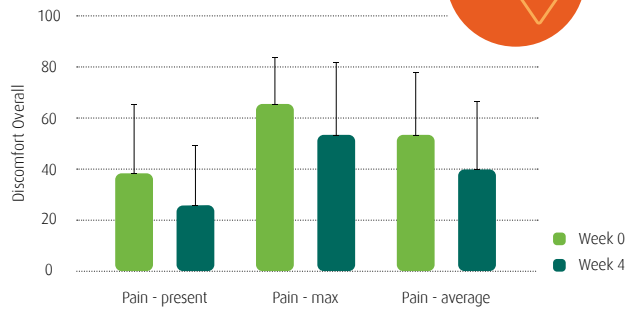
28% ↓



- ✓ Mean reduction was from 48 to 34
- ✓ 28% decrease in two questions on joint stiffness
- ✓  $P < 0.0001$  (paired t-test)

## Results - Discomfort Overall

Discomfort ↓



Participants were asked about their present discomfort, as well as maximum discomfort and average discomfort over the last four weeks.

A reduction was shown across all areas.

- ✓ 34% reduction in present discomfort
- ✓ 19% reduction in maximum discomfort
- ✓ 28% reduction in average discomfort
- ✓  $P < 0.007$  (paired t-test)

## Additional information

Average number of tablets taken was 3 per day. Additional medication/supplement usage remained stable over the trial. Mild adverse events reported by 3 people – none of which required stopping of Boswellia Complex.

## Conclusions

Measures of joint associated discomfort, stiffness and physical function improved with MediHerb Boswellia Complex over a 4-week period when prescribed as part of a naturopathic or integrative medical treatment. All of the observed changes were clinically and statistically significant.

As this was an uncontrolled study in a real-world clinical setting, the results do not provide evidence of the effectiveness of MediHerb Boswellia Complex, but they do indicate that the product is appropriate for use when prescribed as part of a naturopathic or integrative treatment program.\*

For more information on Boswellia Complex please visit [mediherb.com](http://mediherb.com) or [standardprocess.com](http://standardprocess.com)

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.