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# The Science of Preleve Therapeutics

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∅ Undenatured Collagen type 2

(<http://www.jissn.com/content/10/1/48>)

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∅ Boswellia/Indian Frankincense

(<http://www.lifeextension.com/magazine/2014/12/boswellia-new-studies-show-effective-pain-relief/page-01>)

□ Curcumine

(<http://www.equinenutriceuticals.com/pdf/RA-Study-BCM-95.pdf>)

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By combining 5 powerhouse nutraceuticals, our patent-pending Preleve has a greater than additive effect, finally offering a distinct option to “over the counter” and prescription Nsaids.

ly out a few from natural health advisory syndromes (CFS) fatigue lack of energy and chronic fatigue syndrome (CFS) showing the effectiveness of two key supplements for chronic fatigue syndrome treatment. Such is the case with chronic fatigue syndrome treatment. CFS is a complex, multifactorial illness characterized by profound, disabling fatigue lasting at least six months, which severely impairs daily functioning. Studies have uncovered a variety of hormone, immune, infectious, muscular, genetic, and nervous system abnormalities in individuals with chronic fatigue syndrome, but the exact cause (or multiple causes) remains a mystery.



Treatment within the conventional medical system focuses on controlling symptoms using cognitive behavioral therapy and exercise therapy. However, many people suffering from chronic fatigue do not improve or only partially improve with these conventional methods. Practitioners of integrative and natural medicine take a more comprehensive and holistic approach to treatment. While not a cure-all, supplements play an important role in chronic fatigue syndrome treatment.

In addition to a high-quality, high-potency multivitamin-mineral supplement, two key supplements for chronic fatigue syndrome treatment include:

**1. Adaptogen formula.** Adaptogens are herbal supplements that treat symptoms of both acute and chronic fatigue and stress by increasing the body's ability to resist stress and exerting a balancing effect on various systems of the body (immune, central nervous, cardiovascular, etc.).

A supplement that combines different herbal adaptogens such as *Rhodiola rosea*, Siberian ginseng (*Eleutherococcus senticosus*), Panax Ginseng, *Schisandra chinensis*, *Withania somnifera* (Ashwaghandha), and *Astragalus membranaceus* helps to re-balance and re-regulate the body's primary stress response systems, especially the HPA axis (hypothalamic-pituitary-adrenal axis), which is dysfunctional in those with chronic fatigue syndrome.

The studies in humans examining the effects of rhodiola on fatigue are especially favorable, showing statistically significant reductions in fatigue and clinical improvements in many fatigue-related areas, such as physical fitness, concentration, mental performance, sleep patterns, motivation, mood, and general well-being. Various dosages and preparations have been found to be effective, from daily totals of 100 mg up to 576 mg in divided doses for periods of one to ten weeks.

While very few studies have examined the effects of multiple combined adaptogens, many integrative and naturopathic practitioners prescribe formulas combining rhodiola with other adaptogens to treat fatigue and related symptoms.

**2. D-Ribose.** D-ribose is needed to increase the synthesis of cellular energy in muscles. Muscle energy synthesis has been found to be lower in those with chronic fatigue syndrome. When taken as a supplement, D-ribose has been shown to enhance muscle cell energy and recovery, improve fatigue and other symptoms in individuals with fatigue and chronic fatigue syndrome in at least three studies.

In the first in a series of two uncontrolled studies in patients with fibromyalgia and/or chronic fatigue syndrome, D-ribose was administered to 41 patients at a dose of 5 grams 3 times per day for an average of 3 weeks. This led to significant improvement in energy, sleep, mental clarity, pain intensity, and well-being compared to baseline. At the end of the study, approximately 66% of patients experienced significant improvement while using D-ribose. These patients had a 45% average increase in energy and a 30% overall improvement in well-being.

A larger follow-up study, again uncontrolled, enrolled 257 patients from multiple clinics. They were given the same D-ribose protocol. Of the 203 chronic fatigue syndrome/fibromyalgia patients who completed the trial, D-ribose treatment led to a statistically and clinically significant improvement in energy (61.3% average increase). Significant improvements were also experienced in sleep, overall well-being, pain, and mental clarity.

Another group of researchers found that 3 grams of D-ribose twice daily for three weeks in adults over 50 years of age who complained of tiredness for at least a month lessened physical fatigue as demonstrated by statistically significant improvements in tests of cardiopulmonary exercise testing. The subjects also had significant subjective improvements in mental outlook and vitality.

Both the adaptogens and D-Ribose are available as nutritional supplements that you can obtain from your local health food store or from your favorite online supplement provider. Since these two chronic fatigue syndrome treatments have a different cause of action (how they work), you can even try both approaches at the same time.

To learn more about treating CFS, read about the role of [probiotics](http://www.naturalhealthadvisory.com/daily/fatigue-lack-of-energy/are-you-taking-probiotics-benefits-for-chronic-fatigue-symptoms-and-more/) (<http://www.naturalhealthadvisory.com/daily/fatigue-lack-of-energy/are-you-taking-probiotics-benefits-for-chronic-fatigue-symptoms-and-more/>), [ginseng](http://www.naturalhealthadvisory.com/daily/fatigue-lack-of-energy/ginseng-benefits-study-shows-relief-for-%E2%80%9Cunexplained%E2%80%9D-chronic-fatigue/) (<http://www.naturalhealthadvisory.com/daily/fatigue-lack-of-energy/ginseng-benefits-study-shows-relief-for-%E2%80%9Cunexplained%E2%80%9D-chronic-fatigue/>), and [exercise](http://www.naturalhealthadvisory.com/daily/fatigue-lack-of-energy/the-best-exercise-for-chronic-fatigue-syndrome-starts-small/) (<http://www.naturalhealthadvisory.com/daily/fatigue-lack-of-energy/the-best-exercise-for-chronic-fatigue-syndrome-starts-small/>).

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## Rhodiola rosea

The herb *Rhodiola rosea* has been used traditionally in Iceland, Norway, Sweden, Russia, and other European countries as a “tonic herb,” said to fight fatigue, aid convalescence from illness, prevent infections, and enhance sexual function. In the twentieth century, Soviet physicians classified rhodiola as an adaptogen . This invented term refers to a hypothetical treatment described as follows: An adaptogen helps the body adapt to stresses of various kinds, whether heat, cold, exertion, trauma, sleep deprivation, toxic exposure, radiation, infection, or psychological stress. Furthermore, an adaptogen supposedly causes no side effects, treats a wide variety of illnesses, and helps return an organism toward balance no matter what may have gone wrong.

Perhaps the only indisputable example of an adaptogen is a healthful lifestyle. By eating right, exercising regularly, and generally living a life of balance and moderation, you will increase your physical fitness and ability to resist illnesses of all types. Multivitamin/multimineral supplements could offer similarly general benefits, at least in people whose diet is deficient in basic nutrients. Whether there are any herbs that offer adaptogenic benefits, however, remains unproven (and somewhat unlikely). Nonetheless, advocates of the adaptogen concept believe that rhodiola (as well as ginseng , ashwagandha , reishi , suma , and several other herbs) have this property.

### What Is Rhodiola Used for Today?

Rhodiola is currently marketed as the “new ginseng,” said to fight fatigue , enhance mental function , increase general wellness , improve sports performance, and enhance sex drive in both men and women . A few double-blind studies involving a single proprietary product support the first two of these uses, finding that the use of this particular rhodiola extract by people in stressful, fatiguing circumstances may help maintain normal mental function.

For example, a double-blind , placebo-controlled study of 56 physicians on night-duty evaluated the potential benefits of rhodiola for maintaining mental acuity. <sup>1</sup> Participants received either placebo or rhodiola extract (170 mg daily) for a period of 2 weeks. The results showed that participants taking rhodiola retained a higher level of mental function as measured by tests, such as mental arithmetic.

Another double-blind, placebo-controlled study evaluated one-time use of the same rhodiola extract (at a dose of 370 mg or 555 mg) in 161 male military cadets undergoing sleep deprivation and stress. <sup>2</sup> The results showed that rhodiola was more effective than placebo at fighting the effects of fatigue.

Finally, a third double-blind, placebo-controlled study examined the effects of a low dose of this rhodiola extract (100 mg daily for 20 days) in 40 foreign students undergoing examinations (presumably a highly stressful situation). <sup>3</sup> The results showed modest benefits on some measurements of fatigue and mental function, and no significant benefit on others. The study authors considered the outcome relatively unimpressive, and blamed this on the dose chosen.

While these results may sound impressive overall, they were all performed in former Soviet republics, and studies from these sources must be viewed with caution. For reasons that are unclear, double-blind studies performed in the former USSR (or China) almost always find the tested treatment effective. <sup>4</sup> This consistent pattern of excessively positive results has made outside observers highly skeptical. For

this reason, only if confirmation is obtained in a more reliable setting can rhodiola be considered to have real supporting evidence behind it.

One small double-blind trial performed in Belgium did find evidence that use of a different rhodiola extract at a dose of 200 mg 1 hour before endurance exercise may improve performance.<sup>5</sup> However, another study failed to find benefit with a combination of cordyceps and rhodiola.<sup>6</sup>

Very weak evidence hints that rhodiola might be helpful for preventing altitude sickness,<sup>7</sup> and might aid cancer chemotherapy (by protecting the liver).<sup>8,9</sup>

Rhodiola has also been studied as a treatment for depression.<sup>11</sup> In a randomized trial, 89 people with mild to moderate depression received rhodiola extract 340 mg, rhodiola extract 680 mg, or a placebo for 6 weeks. Those in both rhodiola groups experienced an improvement in most of their depression symptoms, whereas those in the placebo group experienced no such benefit.

## Dosage

Rhodiola extracts are standardized to their content of salidroside (also called rhodioloside). A typical dosage of 170 to 185 mg daily supplies 4.5 mg of salidroside. When rhodiola is used as a one-time treatment, two to three times this dose is often used. Note: Most published studies involved a single proprietary product. It is not clear that the results of these studies apply to products using different rhodiola sources, or different methods of extraction.

## Safety Issues

There are no known or suspected safety risks with rhodiola, and in clinical trials, no severe adverse effects have been reported.<sup>1,2,3,10</sup> However, comprehensive safety studies have not been performed. Safety in young children, pregnant or nursing women, or people with severe liver or kidney disease has not been established.

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