

Chronic and unresolved inflammation

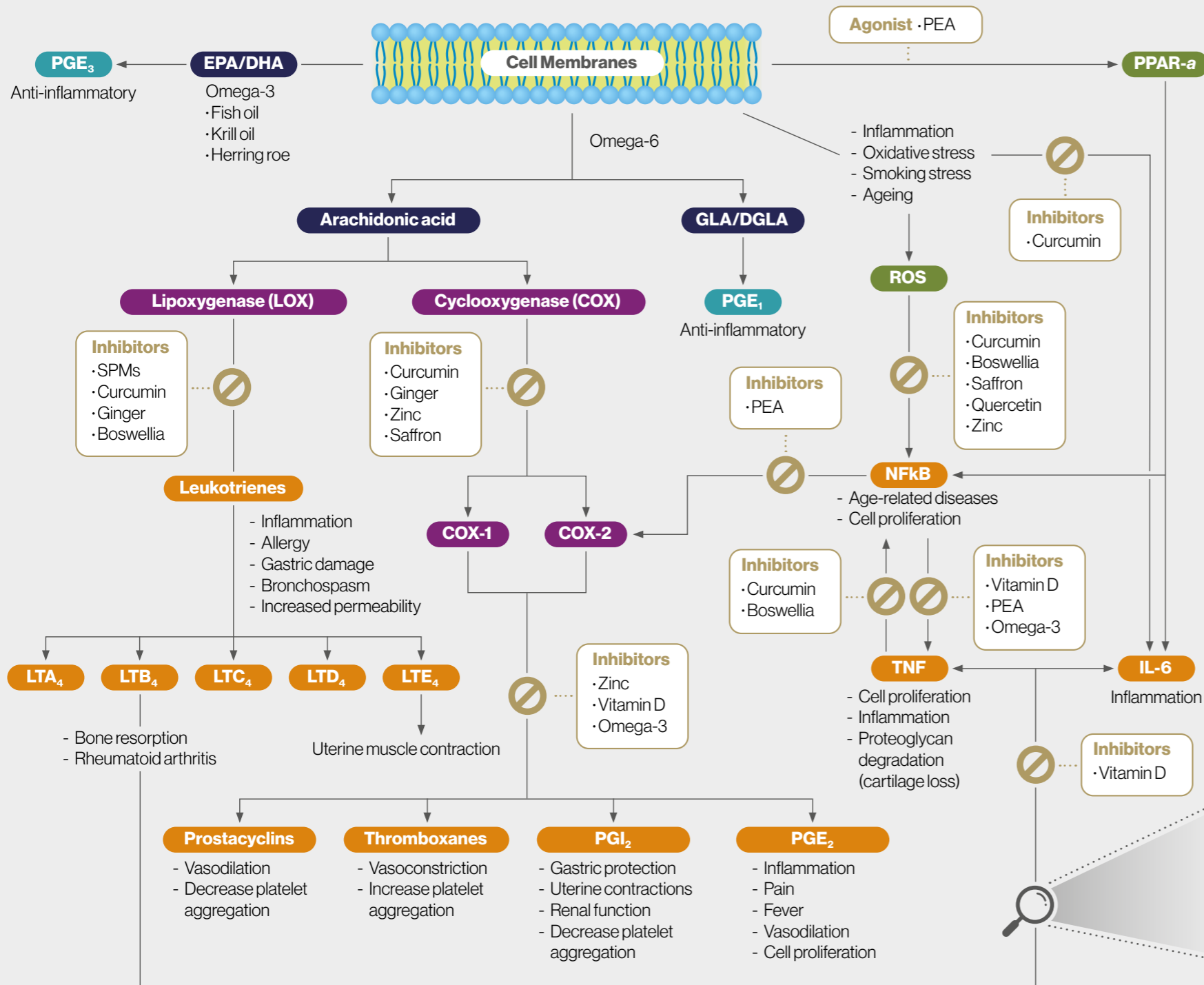


1 in 3
Australians have a
CHRONIC INFLAMMATORY DISEASE¹

SPECIALISED PRO-RESOLVING MEDIATORS (SPMs) are lipid mediators synthesised from omega-3 fatty acids EPA and DHA, that **PROMOTE THE RESOLUTION OF INFLAMMATION**

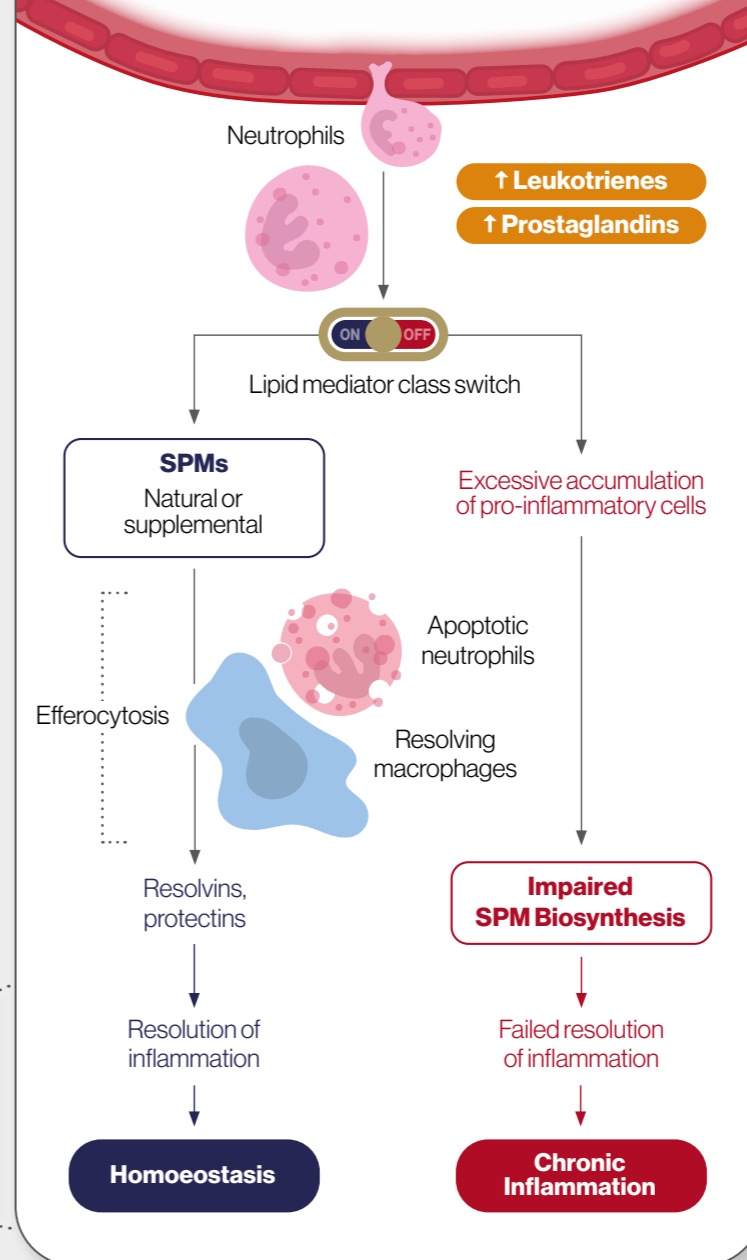
AGEING AND CHRONIC INFLAMMATION
INHIBIT OUR ABILITY TO PRODUCE **MEDIATORS** necessary for the resolution of inflammation⁴

HERBAL AND NUTRIENT ACTIONS IN PAIN AND INFLAMMATION



THE RESOLUTION OF INFLAMMATION

SPMs promote the resolution of inflammation by reducing neutrophils and promoting efferocytosis (cellular debris clearance)



KEY HERBS AND NUTRIENTS IN CHRONIC AND UNRESOLVED INFLAMMATION:

- Specialised pro-resolving mediators (SPMs)*
- Omega-3 fatty acids
- Palmitoylethanolamide (PEA)
- Vitamin D
- Quercetin
- Curcumin
- *Boswellia serrata* (boswellia)
- *Crocus sativus* (saffron)
- *Zingiber officinale* (ginger)

*Types of SPMs

- Lipoxins
- Resolvins
- Protectins
- Maresins

CLINICAL SIGNS OF UNRESOLVED INFLAMMATION:³

- Pain, arthralgia and myalgia
- Fatigue
- Insomnia
- Depression, anxiety and mood disorders
- Gastrointestinal complaints
- Obesity or overweight
- Frequent infections and illness