

Factors associated with

turning up the intensity of pain and inflammation



Australians aged > 45 YEARS are living with persistent, ongoing pain



Chronic pain affects
3.4 million Australians, with
this figure predicted to reach
5.2 MILLION BY 2050





Many factors can turn up the intensity on pain and inflammation.



Sleep and mood disturbances



Physical inactivity

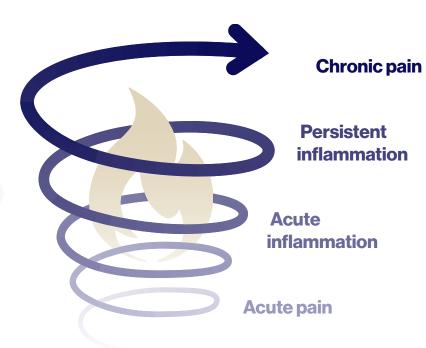


Unhealthy diet and alcohol



Reduced sun exposure and low vitamin D

As intensity builds, pain and inflammation can spiral out of control.



Holistic approaches to pain management include complementary medicines, healthy diet, and supporting the circadian rhythm.









Therapeutics associated with

turning down the intensity of pain and inflammation

Therapeutic		PEA Targets receptors to reduce inflammation and pain.	MAGNESIUM Interrupts pain signal transmission and perception.	ALPHA LIPOIC ACID Reduces pain via antioxidant and anti-inflammatory properties.	CURCUMIN Reduces pain signals and provides anti-inflammatory benefits.	FISH OIL Reduces pain and inflammation and supports nerve function.	GLUTAMINE Supports the repair and health of the gut barrier function.	MILK THISTLE Supports liver health promoting liver cell regeneration and detoxification.	VALERIAN Supports sleep due to its sedative and anxiolytic actions.
Adult dose		300-1200 mg/day	200–1000 mg/day	300–800 mg/day	90 mg-2 g/day	1-7 g/day omega-3 fatty acids	7–30 g/day	420–600 mg/day silymarin	450–1410 mg/day dried root extract
Notes									
Turn down the intensity of pain	Pain intensity and signalling	/	/		/	/			
	Inflammation	/		/	/	/	/	/	
	Oxidative stress			/	/	/	/	/	
Support	Mood and sleep cycle	/	/						/
	Gut health	/					/		
	Liver function				/		/	/	

For condition-specific support, access our resources here:



HAVE QUESTIONS?

Contact our Practitioner Advisory Service:
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References upon request

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