

# Factors associated with turning up the intensity of pain and inflammation

**1 in 5**



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**



**56%** of chronic pain conditions reported are **MUSCULOSKELETAL**



**80% OF ONLINE SEARCHES** for muscle pain management are for **NATURAL PAIN RELIEF**

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.



Acute pain

Acute inflammation

Persistent inflammation

Chronic pain

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	MAGNESIUM	ALPHA LIPOIC ACID	CURCUMIN	FISH OIL	GLUTAMINE	MILK THISTLE	VALERIAN
		Targets receptors to reduce inflammation and pain.	Interrupts pain signal transmission and perception.	Reduces pain via antioxidant and anti-inflammatory properties.	Reduces pain signals and provides anti-inflammatory benefits.	Reduces pain and inflammation and supports nerve function.	Supports the repair and health of the gut barrier function.	Supports liver health promoting liver cell regeneration and detoxification.	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
<b>Notes</b>									
<b>Turn down the intensity of pain</b> 	Pain intensity and signalling 	✓	✓		✓	✓			
	Inflammation 	✓		✓	✓	✓	✓	✓	
	Oxidative stress 			✓	✓	✓	✓	✓	
<b>Support</b> 	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

[www.bioceuticals.com.au](http://www.bioceuticals.com.au)  
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