

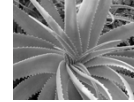
Herbal Anti-Inflammatories

Numerous botanicals have anti-inflammatory activity and since all orally ingested herbs pass directly through the gut, many are useful for relieving gastrointestinal irritation and inflammation.

- Aloe vera*
- Ashwagandha
 - Adaptogen, anxiolytic
- Boswellia
 - Asthma, arthritis
- Calendula
 - Oral inflammation
- Chamomile
 - Antispasmodic, calmative
- Licorice*
- Marshmallow
 - Demulcent
- Meadowsweet
 - Arthritis, ulcers
- Oregano
 - Antimicrobial
- Slippery elm*
- Turmeric*
- Wild yam
 - "colic root" antispasmodic

Herbal Anti-Inflammatories

Aloe vera



Herbal Anti-Inflammatories

Ashwagandha

- Adaptogen
- Anxiolytic



Herbal Anti-Inflammatories

Boswellia

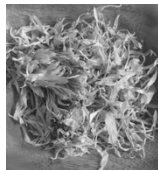
- Asthma
- Arthritis



Herbal Anti-Inflammatories

Calendula

- Oral Inflammation



Herbal Anti-Inflammatories

Chamomile

- Antispasmodic
- Calmative



Herbal Anti-Inflammatories

Licorice



Herbal Anti-Inflammatories

Marshmallow
• Demulcent



Herbal Anti-Inflammatories

Meadowsweet
• Arthritis
• Ulcers



Herbal Anti-Inflammatories

Oregano
• Antimicrobial



Herbal Anti-Inflammatories

Slippery elm



Herbal Anti-Inflammatories

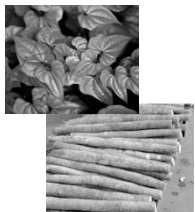
Turmeric



Herbal Anti-Inflammatories

Wild yam

- “Colic root”
- Antispasmodic



Aloe Vera

- 44 out-patients with UC randomly given oral aloe vera gel or placebo, 100 mL twice daily for 4 weeks.
- 67% patients taking aloe had clinical remission or improvement, compared to 14% in placebo group.
- Simple Clinical Colitis Activity Index and histological scores decreased significantly with aloe vera ($P = 0.01$, $P = 0.03$, respectively), but not with placebo.
- Oral aloe vera taken for 4 weeks produced a clinical response more often than placebo; it also reduced the histological disease activity and appeared to be safe.

Langmead, et al. Aliment Pharmacol Ther. 2004 Apr 1;19(7):739-47.

Supplement Facts		
Serving Size: 1 Vcap		
Servings per Container: 60		
	Amount Per Serving	% Daily Value
Organic Freeze-Dried Aloe Vera Juice Concentrate (leaf, inner fillet) (200:1) equal to 2 oz. (56 grams) of fresh Aloe Vera Juice	300 mg	*
* Daily Value not established.		

Supplement Facts		
Serving Size: 1 Capsule		
Servings Per Container: 100		
	Amount Per Serving	%DV
Proprietary Blend: Cascara Sagrada Bark, Garlic Bulb, Aloe Powder, Ginger Root, Cayenne Pepper 90 M.H.U., Senna Leaf & Barberry Bark.	500 mg	*
*Daily Value not established		

Supplement Facts	
Each tablet contains:	
	Amount Per Serving
Aloe-vera (whole leaf)	225 mg
Gotu Kola	225 mg
Lactobacillus (Mullstrain)	One Billion

Turmeric (*Curcuma longa*)



- Used as spice (curry) and medicinal agent at least 2000 years.
- Traditionally used for minor respiratory complaints, asthma and arthritis.
- Polyphenolic curcuminoids, collectively referred to as curcumin, considered primary actives.



Curcumin

- Studies show that doses of 760 mg – 2.0 g/d of curcumin are beneficial for improving symptoms or preventing relapse in patients with ulcerative colitis and Crohn's disease.
- Highly promising chemopreventive agent. The combination of 480 mg of curcumin and 20 mg of quercetin taken orally TID reduced the number and size of ileal and rectal adenomas in patients with FAP.

Holt PR, et al. Dig Dis Sci. 2005 Nov;50(11):2191-3.
Hanai H, et al. Clin Gastroenterol Hepatol. 2006 Dec;4(12):1502-6.
Cruz-Correa M, et al. Clin Gastroenterol Hepatol. 2006 Aug;4(8):1035-8.

Curcumin with Piperine

Suggested Use

As a dietary supplement, take 1-3 capsules daily, in divided doses, between meals.

Supplement Facts

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 60

	Amount Per Serving	% Daily Value
Vitamin C (ascorbyl palmitate)	10 mg	7%
Turmeric (curcuma longa) Extract (root) (standardized to contain 95% curcuminoids)	500 mg	*
Bioactive (piper nigrum) Extract (fruit) (standardized to contain 95% piperine)	5.3 mg 5 mg	*

Supplement Facts

Supplement Facts

Serving Size: 1 Capsule

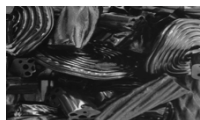
	Amount Per Serving	% Daily Value
Turmeric (Curcuma longa rhizome) (standardized 95% (380 mg) curcumin)	400 mg	†
† Daily Value not established.		

Licorice Root (*Glycyrrhiza glabra*; *G. uralensis*)



- Gastroprotectant effects of licorice root known for centuries.
- Licorice root 5 HT3 antagonist
- Research has shown licorice to be a useful anti-ulcer agent, similar efficacy as famotidine.
- Licorice often found in herbal formulations for cough, colds, sore throat, GERD, gastritis or IBD.
- Aly AM, et al. AAPS PharmSciTech. 2005; 20;6 (1):E74-82.

Licorice



- Licorice root likely safe in healthy adults when used at doses not exceeding 3 grams/d for periods up to 3-4 weeks.
 - Should limit licorice to 1 gram per day for longer periods.
- Glycyrrhizin is the compound responsible for symptoms of pseudoaldosteronism with excess or prolonged ingestion.
 - Symptoms include hypertension, edema, hypokalemia
- A special preparation, deglycyrrhizinated licorice (DGL), has had the glycyrrhizin removed/limited and may be taken without concern.

DGL

- DGL when taken simultaneously with aspirin dramatically reduces gastric mucosal damage, not prior to ASA ingestion.
- I find DGL to be very effective for managing GERD and for weaning patients off proton-pump inhibitors.
- Dose: GERD take 600-800 mg chewable tablets 20 minutes before meals for 4-6 weeks. 300-400 mg chewable tablet before meals PRN after.

Russell RJ, et al. Scand J Gastroenterol Suppl. 1984;92:97-100

DGL Product

Suggested Use

Chew two tablets twenty minutes before each meal.

Supplement Facts

Supplement Facts

Serving Size: 2 Tablets

Servings Per Container: 50

	Amount Per 2 Tablets	%DV**
Calories	10	
Sodium	5 mg	<1%***
Total Carbohydrate	2 g	<1%***
Sugars	<1 g	†
Deglycyrrhizinated Licorice (DGL) (Glycyrrhiza glabra) Root Extract 3:1	760 mg	†
Glycine	100 mg	†



Slippery Elm
Ulmus fulva, U. rubra

- Slippery elm bark was official drug in USP from 1820-1936 and though there are no modern studies, FDA has approved as a safe nonprescription demulcent.
- Sore throat, heartburn, gastritis.
- Slippery elm lozenges, as well as medicinal teas readily available most natural grocers.