

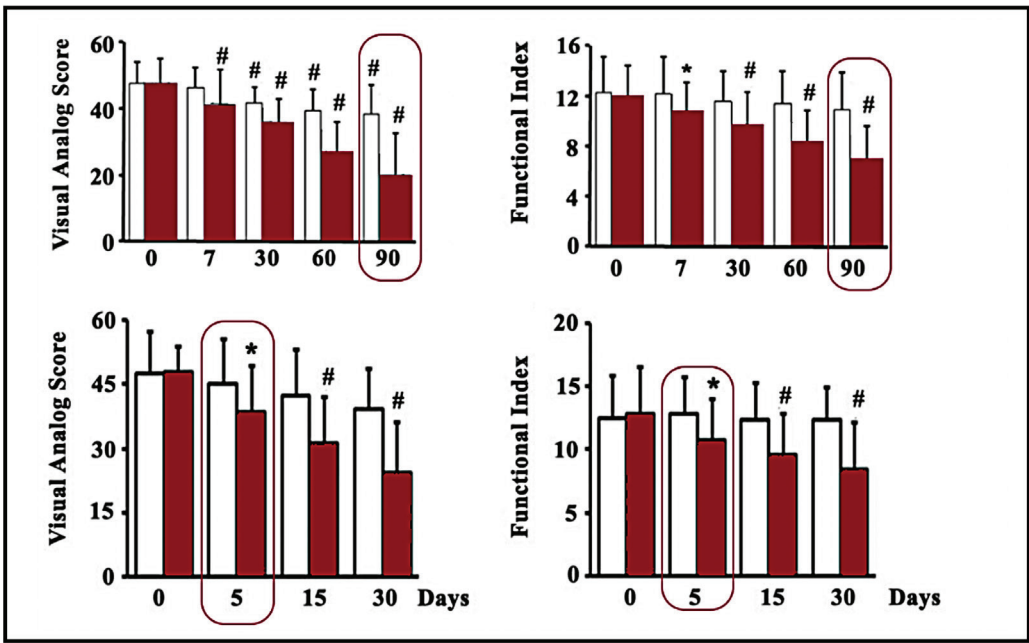


How can innovative botanicals help with aches & pains due to overexertion?*

Ache Action™ is a blend of three complementary herbal extracts designed to relieve occasional minor aches & pains due to overexertion by supporting a healthy response to normal physiological stress.*

- 1Aprèsflex® is a unique *Boswellia serrata* extract obtained from a proprietary extraction method that allows for increased bioavailability of AKBA (3-O-Acetyl-11-Keto-β-Boswellic Acid), one of the best known active compounds found in *Boswellia* gum resin. AKBA helps to maintain the normal activity of specific enzymes involved in the immune responses to normal stress that are ultimately responsible for the generation of temporary minor aches and pains.*
- 2We included a willow bark extract standardized to 14% salicin. Salicin is the main active compound found in willow bark. With other naturally occurring active components such as polyphenols and flavonoids, willow bark’s components play a central role in its temporary pain relieving activity, as well as its ability to support the body’s normal immune system response to environmental stressors.* The effect of willow bark extract has been explored *in vitro* and in various animal models, and has been found to support the normal activity of many enzymes, as well as the release of certain compounds involved in immune responses to normal stress.*
- 3We added a ginger extract that is standardized to a minimum of 5% gingerols. Gingerols are among the best known active compounds found in Ginger, as they are responsible for the pungency of the fresh root. Gingerols are known to have many biological functions including supporting the release of compounds involved in normal immune responses to biological stress.*

Willow bark and ginger extracts have a long history of use in alleviating occasional minor aches and pains due to overexertion, and this traditional use has been confirmed by a multitude of randomized clinical trials.*



Red bar: 100 mg/d Aprèsflex®; white bar: placebo. *p<0.05 #p<0.01. n=57

Aprèsflex® has been evaluated in well-designed double-blind, randomized, placebo-controlled clinical trials. In these studies, 50 mg Aprèsflex® used twice daily resulted in a significant reduction of pain due to overexertion vs. placebo and promoted normal joint function as early as **5 days** after the beginning of supplementation as evaluated on a visual analog scale for pain and a functional index questionnaire.* It remained statistically significant for pain and joint function up to 90 days.*

At Protocol For Life Balance® we believe in offering supplements that help people move freely without aches & pains due to overexertion.* Ache Action™ is a safe and effective botanical blend designed to alleviate such inconvenience in a timely manner so you can get right back on track with your daily life.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.