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Dolor Ease™

About Dolor Ease

- Dolor Ease is a comprehensive herbal formula designed to reduce inflammation and provide antioxidant support to protect joints and temporarily relieve minor aches and pains.

Each capsule includes:

- 200 mg of white willow bark (*Salix alba*, standardized to 15% of salicin), which has been shown to provide pain relief for a broad range of conditions. Multiple randomized trials indicate its benefit for osteoarthritis and low back pain, without adverse effects.[1,2,3]
- 200 mg of devil's claw (*Harpagophytum procumbens*), a plant with a long history of traditional use for pain relief. It contains compounds that have anti-inflammatory effects and binds to receptors with analgesic properties.[4]
- 30 mg of Theracurmin® per capsule, the most bioavailable form of curcumin, providing natural antioxidant and anti-inflammatory support.[5] In a clinical trial, Theracurmin has been found to improve osteoarthritic knee pain, while reducing the need for pain medication.[6]
- 75 mg of a standardized extract of Boswellia (*Boswellia serrata*), which has been shown to have analgesic properties and improve stiffness and joint function in people with osteoarthritis.[7,8]
- 50 mg of InflamRelief™, a proprietary complex of antioxidant botanicals including grape, pomegranate, and blueberry extracts. It provides polyphenols and antioxidants that help support joint health and prevent damage to cartilage and soft tissues.[9,10]

How to Use Dolor Ease

- Take 2 capsules 1–2 times per day or as directed by a health care practitioner. Use for a minimum of 2–3 months to see beneficial effects.

Cautions and Contraindications

- Consult a health care practitioner if symptoms persist or worsen. Discontinue use and consult a health care practitioner if you experience gastrointestinal symptoms such as nausea, vomiting, abdominal pain, dyspepsia, heartburn, or diarrhea. Consult a health care practitioner prior to use if you have asthma, peptic ulcer disease, stomach ulcers, excess stomach acid, gallstones, or a bile duct obstruction; or if you are taking antiplatelet medication, blood thinners, anticoagulants, products containing acetylsalicylic acid (ASA), or other salicylates. Do not use this product if you are allergic to acetylsalicylic acid (ASA) or other salicylates, or if you are pregnant or breastfeeding. Hypersensitivity (e.g., allergy) has been known to occur, in which case discontinue use. Keep out of reach of children.

Drug Interactions

- This product may interact with antiplatelet medication, blood thinners, anticoagulants, or products containing acetylsalicylic acid (ASA) or other salicylates.

Quick Tips for Optimal Health

- ☐ Eat richly coloured fruits and vegetables (8–10 servings per day). Diets rich in plant pigments, especially flavonoids found in soy, apples, berries, and other fruits and vegetables, are associated with lower levels of inflammation.[11]
- ☐ Consume a Mediterranean diet, which is well known to reduce inflammation, and has been shown to improve markers of cartilage breakdown among people with osteoarthritis.[12]
- ☐ Reduce your omega-6 fatty acids. When fighting inflammation, it is a good idea to reduce meat and dairy intake, as well as eliminate common sources of omega-6 fats, including soy, safflower, sunflower, and corn oil.[13]
- ☐ Take a high-quality fish oil supplement providing at least 1000 mg of EPA and DHA. Fish oil, particularly when combined with a high antioxidant intake, has been associated with better physical performance (walking speed) among postmenopausal women.[14,15]
- ☐ Do aerobic exercise, which has been clinically shown to produce anti-inflammatory compounds in the joints of people with osteoarthritis.[16] It is not clear that high-intensity exercise has any additional benefits compared to low-intensity activity for people with osteoarthritis.[17]

PATIENT NAME: _____

PRACTITIONER NOTES:

PRACTITIONER CONTACT INFORMATION:

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