

Thera-Fibron



DESCRIPTION:

Fibromyalgia, muscle fiber pain, sometimes called fibrositis, is related to rheumatoid arthritis in that it is a rheumatoid disease but it is not a form of arthritis. Five percent of the population, 12 million people, have fibromyalgia syndrome (FMS). It mainly affects females ages 25-55, 5:1 compared to males. FMS costs over \$40 billion a year in medical bills and lost wages.

Although diagnosis is very difficult, criteria that defines FMS are:

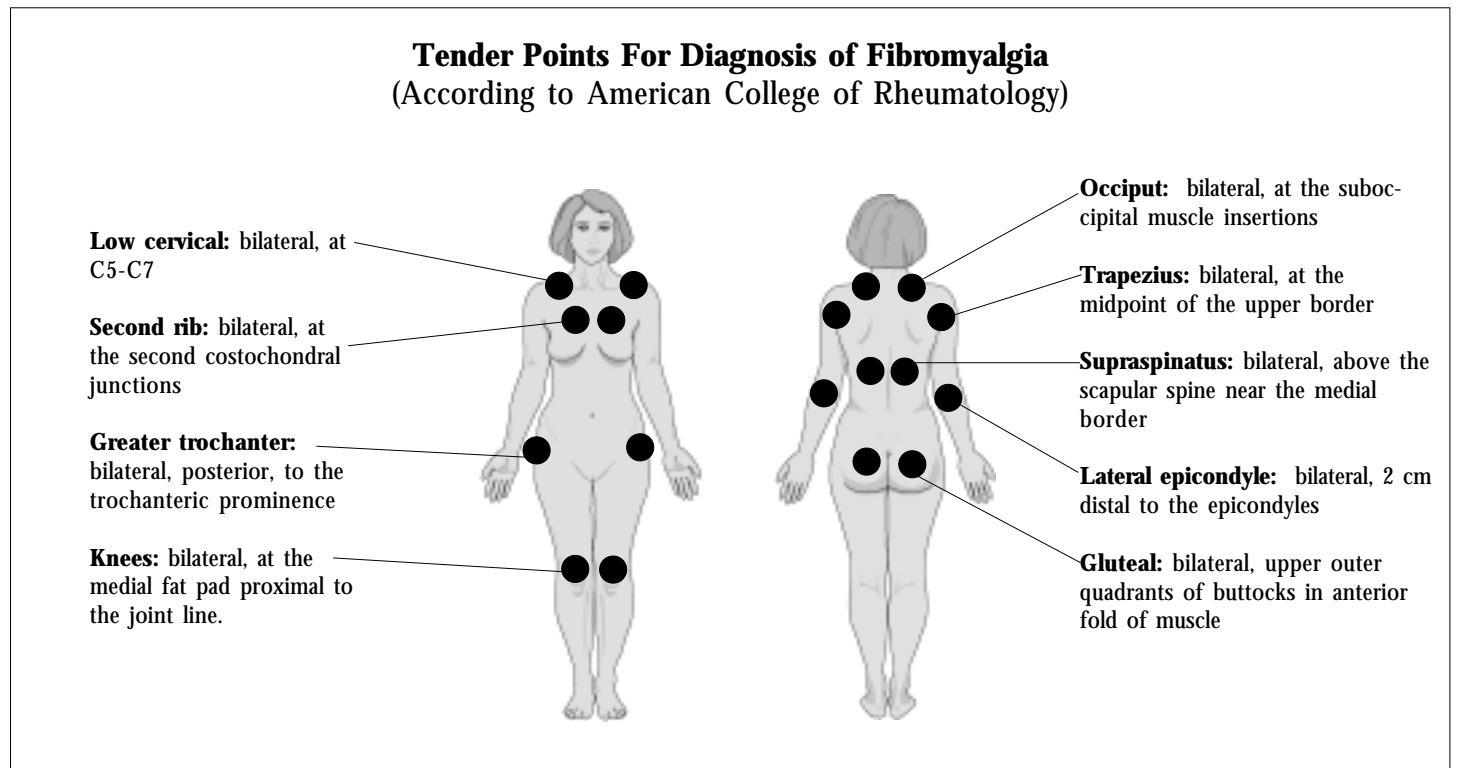
1. Widespread musculoskeletal pain in all four quadrants of the body for at least three months.
2. Tenderness at 11 or more of 18 specific tender point sites.
3. Many times people with FMS have sleep disorders.
4. Fatigue and decreased muscle endurance.
5. Arthritis, allergies, and thyroid diseases sometimes occur with fibromyalgia.

Those taking **Thera-Fibron** have experienced:

- Less joint and muscle pain
- Increased energy levels
- More relaxed, feeling of well being
- Better nights sleep
- Emotional control
- Increased energy in muscles

"I have started a number of patients suffering from fibromyalgia on **Thera-Fibron** and every one of them have noticed a huge improvement in symptomology within two weeks." -W. Michael Masterson, D.C.
Strongsville, Ohio

<i>90 capsules per bottle</i>	
<i>Two capsules provide:</i>	
Thiamine (Vitamin B1)	25 mg
Vitamin B6 (Pyridoxine HCl)	25 mg
Magnesium (from Magnesium Amino Acid Chelate*)	100 mg
Manganese (from Manganese Amino Acid Chelate*)	20 mg
Malic Acid	400 mg
Glucosamine HCl	100 mg
White Willow Bark 4:1	50 mg
Valerian Extract (root) 4:1	50 mg
Turmeric Extract 95% (root)	50 mg
Fever Few Extract (leaf) 4:1	50 mg
DL Phenylalanine	30 mg
L-Carnitine L-Tartrate	25 mg
Adenosine Tri-Phosphate	10 mg
Other ingredients: Cellulose, Gelatin, Vegetable Stearate and Silica.	
*Albion Chelate	



Thera-Fibron

continued...

ACTIVES:

Magnesium and Malic Acid- ATP is the universal energy molecule in the body the way electricity is the universal energy source for a computer. Researchers believe that FMS and related symptoms may be a result of deficiencies in magnesium and malic acid, substances needed for ATP synthesis.

As reported in the Journal of Nutritional Medicine, aluminum buildup is also a suspected cause for FMS. magnesium and malic acid are powerful detoxifiers of aluminum.^{1,2,3,4}

According to the CFS Research Foundation in Santa Barbara, California, specialists are now recommending malic acid and magnesium for FMS. Forty-percent of those taking this combination experienced relief.

In a study reported in the Journal of Nutritional Medicine, all patients reported significant improvement of pain within 48 hours after taking magnesium and malic acid.

Thera-Fibron also has vitamins **B₆**, **B₁**, and **Valerian**, for emotional control and nerve tissue health.

L-Carnitine – increases energy levels in muscle tissues. A study was done evaluating carnitine insufficiency on 48 patients suffering from mitochondrial myopathy, between the ages of 2 and 64 years. Eighteen of the 48 patients were females. The signs and symptoms of mitochondrial myopathy included failure to thrive, muscle weakness, hypotonia, encephalopathy, hypertrophic cardiomyopathy. Improvement in muscle tone and strength was shown with supplementation.⁵

Feverfew – with its anti-inflammatory activities, feverfew has also been useful against swellings, arthritis and relaxing muscles.^{6,7}

Tumeric – the anti-inflammatory action of tumeric is its inhibition of enzymes which coordinate the metabolism of arachidonic acid. Arachidonic acid increases pro-inflammatory prostaglandins and leukotienes.⁸

White Willow – the salicin that occurs naturally in white willow bark is converted by the body into salicylic acid from which acetylsalicylic acid is derived (aspirin). White willow bark provides a natural alternative to aspirin.⁹

Valerian – the sedative effects of valerian root are attributed to the valepotriates, a group of unstable esters whose degradation products also possess sedative activity.¹⁰

Glucosamine HCL – well known for its benefit to osteoarthritis, glucosamine helps reduce joint pain and inflammation.^{11,12}

CLINICAL INDICATIONS:

- Fibromyalgia
- Chronic Fatigue Syndrome

SUGGESTED USAGE:

Upon flare up take 2 capsules 3 times daily with meals.
For prevention: Take 1 capsule 3 times daily with meals.

DRUG INTERACTIONS:

MAO Inhibitors & Neuroleptic Drugs

CONTRAINDICATIONS:

Aspirin Sensitivity, Pregnancy & Depression

REFERENCES:

1. Abraham GE, Flechas JD. Hypothesis: Management of fibromyalgia: rationale for the use of magnesium and malic acid. J Nutr Med 3: 49-59, 1992.
 2. Gullestad L, Dolva LO, Soyland E, et al. Oral magnesium supplementation improves metabolic variables and muscle strength in alcoholics. *Alcohol Clin Exp Res*. 1992; 16:986-990.
 3. Shils ME. Magnesium. In: Shils M, Olson JA, Shike M, Ross AC, eds. *Modern Nutrition in Health and Disease*. 9th ed. Baltimore, MD: Williams and Wilkins; 1999:169-192.
 4. Yunus, M., Raman K., Raman, K.K., "Primary fibromyalgia syndrome and myofascial pain syndrom: Clinical features and muscle pathology", Arch Phys Med. Rehab., 69:451-4, 1977.
 5. "Plasma Carnitine Insufficiency and Effectiveness of L-Carnitine Therapy in Patients With Mitochondrial Myopathy," Campos, Yolanda, MSc., et al. Muscle and Nerve, February, 1993; 16:150-153. (Address:Joaquin Arenas, pH.D., Centro de Investigacion, Hospital 12 de Octubre, Avenida de Cordoba Km 5.2, Madrid 28041, Spain)
 6. Heptinstall, S. (1988) Feverfew—An ancient remedy for modern times? J. Royal Soc. Med. 81:373-374.
 8. Makheja, A. and Bailey, J. (1981) The active principle of Feverfew. Lancet 2:1054.
 9. Tonnesen, H.H. (1989) Studies on curcumin and curcuminoids. XIII. Catalytic Effect of curcumin on the peroxidation of linoleic acid by 15-lipoxygenase. Int.J.Pharm. 50:67-69.
 10. Mowrey, Daniel B., Ph.D., The Scientific Validation of Herbal Medicine., Cormorant Books., 1986. Hoffman, David, The New Holistic Herbal., Rockport, MA., Element, Inc., 1991.
 11. Boeters, U. (1969) Treatment of autonomic dysregulation with valepotriates (Valmane). Muenchener Medizinische Wochenschrift. 37:1873.
 12. Drovanti A, Bignamini AA, Rovati AL. Therapeutic activity of oral glucosamine sulfate in osteoarthritis, a placebo-controlled double-blind investigation. *Clin Ther*. 1980; 3:260-272.
- Leffler CT, Philippi AF, Leffler SG, et al. Glucosamine, chondroitin, and manganese ascorbate for degenerative joint disease of the knee or low back: a randomized double-