

High Triterpene Shea Nut Extract: Arthritis and Joint Care Applications

The safe, all natural substitute for Steroids and OTC interventions

	<i>DIETARY SUPPLEMENTS</i>			<i>OTC</i>	<i>PHARMACEUTICALS</i>
Product	High Triterpene Shea Nut Extract	Glucosamine	Inflammation Formulas (eg, Zyflamend)	NSAIDS (eg, Ibuprofen)	Steroids (eg, dexamethasone)
# Active Ingredients	1, HTSNE	1+	10+	1	1
Inflammatory Activity	yes: ↓9X	no	yes	yes	yes
Cytokine Activity	yes: ↓24+%	no	no	no	yes
Cox-2 Activity	no	no	yes	yes	no
Cartilage Activity	yes: ↑44%	yes	no	no	no
Bone Activity	yes: ↑10%	no	none	no	no
Pain Activity	yes: ↓45%	no	yes	yes	yes
Contraindications	none	yes	yes	yes	yes
Safe?	yes	yes	yes	in moderation	in moderation
Side Effects	none	none	none	GI bleeding cardiovascular damage death	immune suppression bone decay GI bleeding