

IF Relief

Help Put Out the Fire

Nature's Sunshine offers natural support to body systems, such as the structural system, that may require special help in times of internal stress or irritation.



BENEFITS

- Helps support the body's natural process for muscle pain and inflammation relief following exercise and massage.
- Contains compounds that may help modulate heat in the body.
- Strengthens and protects the immune system.

HOW IT WORKS

IF Relief contains a combination of herbal extracts that may support the body's natural process for muscle pain and inflammation relief following exercise and massage. IF Relief contains compounds that may help the body achieve homeostasis. This formula has a very high ORAC value. IF Relief contains:

Turmeric Root Extract

Turmeric is a spice that is used in Indian and Chinese medicine and is a major component of curry powder. Curcumin is an active ingredient in turmeric root and it has been studied extensively for its beneficial effects on health.

Mangosteen Pericarp Extract

Mangosteen is a source of potent antioxidants called xanthones. The xanthone gamma-mangostin appears to partially modulate the production of prostaglandins.

Andrographis paniculata

In Ayurvedic and Chinese medicine, andrographis is used to support the immune system. One major constituent of andrographis, andrographolide, helps modulate certain undesirable responses.

Boswellia Gum Extract

Boswellia gum extract contains boswellic acids, which appear to modulate an enzyme that catalyzes leukotriene formation.

White Willow Bark Extract

White willow bark contains salicin. White willow appears to modulate the production of prostaglandins.

NSP ADVANTAGE

Nature's Sunshine's IF Relief combines a proprietary blend of herbal extracts that may support normal activity of the body. IF Relief also contains a mangosteen pericarp extract that is unique to the marketplace.

INGREDIENTS

IF Relief contains turmeric root extract, mangosteen pericarp extract, *Andrographis paniculata* extract, boswellia gum extract and white willow bark extract.

RECOMMENDED USE

Take 1 capsule three times daily with meals.

COMPLEMENTARY PRODUCTS

- **Nutritional:** Thai-Go®, Nature's Phenyltol with NEM, EverFlex®, Super Antioxidant.
- **Homeopathic:** Inflammation, Pain.
- **Essential Oil:** Lavender Fine AOC.

IF Relief (90)
Stock No. 1175-4



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