

TECHNICAL DATA SHEET



IMMUNE & WHOLE BODY SUPPORT MSI SUPPORT™

Soothes exercise and overexertion related inflammation. Supports musculoskeletal and joint health.

Muscle and body stiffness, soreness, and inflammation are common symptoms of overuse and excuse overexertion. **MSI Support** formula is designed with specific nutrients shown to be supportive in reducing the symptoms of discomfort after exercise. We've included a comprehensive list of botanicals that have been used for centuries. Historically, white willow bark was used by both Hippocrates and Galen to ease soreness of the body. Boswellia (Frankincense) extract has also been used for thousands of years for a wide range of uses. Native Americans have effectively used black cohosh as a natural remedy. Valerian is often called "nature's tranquilizer" because it has sedative properties. Devil's claw assists to support joint and muscle mobility. Wild yam contains saponins to help shrink compromised cells. Meriva® is a patented formulation of curcumin that is readily absorbed and utilized to support joint and musculoskeletal health. We have also added Feverfew and Corydalis to further support joints and muscles after overexertion. In addition to botanicals, we've also included B vitamins and specific minerals which further add to the overall efficacy of our formula. Lastly, the enzymes bromelain, serrapeptase, and protease, which all work systemically to help support joint mobility and address discomfort. **MSI Support** formula is truly an exhaustive compilation of the best raw materials nature has to offer to support joint and musculoskeletal health.



Supplement Facts

Serving Size: 2 Capsules
Servings per Container: 45

	Amount per Serving	% Daily Value*
Niacin (as Niacinamide and Niacin)	70 mg	438%
Vitamin B6 (as Pyridoxine HCl)	20 mg	1176%
Magnesium (as Magnesium Bisglycinate Chelate)	60 mg	14%
Manganese (as Manganese Citrate)	10 mg	435%
Copper (as Copper Bisglycinate Chelate)	250 mcg	28%
Proprietary MSI Support Blend	1114 mg **	

White Willow extract (bark), Boswellia Extract (gum resin), Bromelain, Meriva® Turmeric Extract (root), Devil's Claw Extract (root), Valerian Extract (root), Black Cohosh Extract (root), Corydalis Extract (rhizome), Wild Yam Extract (root), Feverfew Extract (leaf), Protease, Serratio Peptidase, Black Pepper Extract (fruit)

* Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

Other ingredients: Vegetable Capsule (Hypromellose and water).

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Meriva® is a registered trademark of Indena S.p.A



INGREDIENTS

Curcumin/Turmeric (Meriva®)

Turmeric's major active constituents are curcuminoids including curcumin diferuloylmethane, a yellow pigment. Meriva® uses phytosome technology to combine curcumin with phosphatidyl-choline. Pharmacokinetic comparison studies show Meriva® to have up to a 20-fold improvement in bioavailability versus a standardized 95% turmeric extract (1).

White Willow Bark

White Willow Bark has been used for centuries as a natural remedy. Willow bark contains salicin, which has soothing properties. The actual mechanism of action of salicin is in the cyclooxygenase-1 and 2 (COX-1, COX-2) pathways. Salicin is a nonselective COX-1 and COX-2 inhibitor, effectively blocking prostaglandin release.

Boswellia (Indian Frankincense)

Boswellia is an Ayurvedic herb from a large branching tree found throughout India and Nepal. It has an extensive history of use for connective tissue and joint support. Boswellia extracts have been used for thousands of years to support a wide range of conditions and its derivatives play an important role in the effects it exerts on biological systems (2). The major constituents are boswellic acids (pentacyclic triterpenic acids) and essential oils. These plant acids have been found to display potent properties and may be beneficial in supporting soft connective tissues such as joints, tendons, and ligaments after overuse or exercise (3). Boswellic acids may work with chemicals that are created by the body, which are the likely mechanisms for its metabolic properties. Boswellia extract, standardized to contain 65% boswellic acids, promotes healthy joint, connective tissue, and colon function (4).

Replaces all previous versions: 8.28.26

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.

Wild Yam

Wild yam is a perennial vine plant with heart-shaped leaves that have hairs on their undersides. Wild yam's actions, which may help ease muscle spasms, make it useful in supporting musculoskeletal health.

Valerian Root

Valerian root has been used as a medicinal herb since at least the time of ancient Greece and Rome. Hippocrates, the "father of medicine," described its beneficial properties as did Galen, an ancient Greek physician. Valerian extracts are often standardized to contain from 0.25% to 1% valerenic acid which is considered to be the predominate constituent responsible for supporting joint health and sleep.

Devil's Claw

The medicinal part of Devil's claw is the tuber that contains iridoid glycoside constituents including harpagoside and procumbide, but primarily harpagoside. Devil's claw is used for joint health because it contains iridoid glycoside (11). Devil's claw may inhibit COX-2 and nitric oxide synthetase, a modulator of cellular damage (5).

Black Cohosh

Black cohosh is commonly known as snakeroot, bugbane, and rattle weed and has been used by Native Americans for hundreds of years. The triterpene glycosides have been studied and indicate they inhibit cytochrome P450 3A4 (CYP3A4) in vitro up to 44% (6). Black cohosh has activity that acts to reduce joint discomfort after exercise.

Bromelain, Protease and Serrapeptase

These are all powerful proteolytic agents that benefit the body's systemic response to swelling and discomfort. Bromelain exerts an effect by altering leukocyte migration and activation. Protease and serrapeptase are both potent proteolytic enzymes that work synergistically with bromelain. These two proteolytic enzymes support the synthesis, repair and regeneration of cell tissue.

Minerals

Calcium, magnesium, manganese, copper and potassium are body essential minerals included in our MSI Support™ formula, and are all in forms that are shown to be the most bioavailable. For example, calcium citrate is far better absorbed than calcium carbonate (7). Magnesium is responsible for over 300 enzyme reactions and in the production of cellular energy.

B vitamins (B3 Niacinamide and B6 Pyridoxine)

Niacinamide (B3) supports joint mobility and muscle strength and decreases fatigue (8). Exercising increases the need of B6, and magnesium increases the amount of B6 that can enter the cell (9).

Feverfew (Tanacetum parthenium)

Feverfew is believed to help because of the unique plant chemical it contains, parthenolide, which may help relieve smooth muscle spasms and can combat the widening of blood vessels that occurs in the neck and head. This effect appears to be backed up by research that shows that Feverfew can reduce symptoms such as nausea, vomiting and sensitivity to light (flashing lights). Parthenolide showed significant properties selectively affecting cyclooxygenase-2 (COX-2) (10).

Corydalis yanhusuo

Corydalis is one of the most used plants in Chinese medicine for discomfort and swelling. It can be used orally and topically for discomfort due to overuse and overexertion. Corydalis is the Chinese herb of choice to support the nervous system. In Korea, Corydalis is used to help with discomfort, while in China the plant is used to support and stimulate blood circulation.

Black Pepper

Black pepper extract enhances absorption and bioavailability of nutrients by at least 30%.

Patients: Consult with your healthcare professional for the proper use of this formula.

For more information about this and other Condition Specific Formulas® please visit our website at:

mountainpeaknutritionals.com

email us: support@mtnpeaknutrition.com



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