

## PHARMACOLOGICAL CLASSIFICATION

Category D: Complementary medicine

## PHARMACOLOGICAL ACTION

Frankincense is proposed to inhibit leukotriene biosynthesis. This leads to reduction in white blood cells (WBCs). The reduction in WBC and leukocyte esterase makes Boswellia useful in joint health conditions. Calcium fructoborate (CF) provides effective and safe support against the discomfort and lack of flexibility associated with osteoarticular conditions (arthritis and joint degeneration). CF is superior to the boric acid/borate due to its complex action mechanism, both at the intracellular (as free boric acid) and extracellular level (as fructose-borate esters). The combination of curcumin and piperine improves the bioavailability of the active ingredients. UC-II is a natural ingredient which contains a glycosylated, undenatured type-II collagen. Ingesting small doses of undenatured type II collagen significantly reduces circulating levels of inflammatory cytokines, potentially serving to decrease both the incidence and the severity of arthritis. The mechanism of action has revealed that several distinct types of T regulator cells mediate this phenomenon by releasing IL-10 and TGF- $\beta$ . Glucosamine is an amino sugar that is essential for the biosynthesis of glycosylated proteins and lipids. It is a major constituent of extracellular matrix macromolecules such as glycosaminoglycans (GAGs), glycolipids and glycoproteins in its acetylated form. Hyaluronic acid is known for its physicochemical (physical and chemical) properties where, due to the specific sugars it uses, it's able to retain up to 1,000 times its own weight in water both inside and outside of the human body. For joint health, the water-retaining properties help keep synovial fluid healthy. Synovial fluid is a fluid found in many of our joints that helps to lubricate them and keep them moving effortlessly. Wintergreen oil is a counterirritant that may offer some analgesic effect because of the structural similarity of methyl salicylate to aspirin. Eugenol, chemically known as 4-allyl-2-methoxyphenol, is the principal active component of clove oil was also effective in collagen-induced arthritis, reducing the periarticular erythema and edema.

## INDICATIONS

AgilEase capsules support the body's response to acute inflammation in healthy individuals.

AgilEase capsules may promote healthy joint flexibility and mobility, and support cartilage health.

## CONTRAINDICATIONS

Do not use this product if you are taking blood thinning medication (e.g Warfrin).

## WARNINGS AND SPECIAL PRECAUTIONS

Excessive consumption of wintergreen may prove toxic. Do not use this product if you are hypersensitive (allergic) to any of the ingredients. If you are on any medication or suffering from any medical condition, it is advisable to seek medical advice before starting any new medicine, supplement or remedy. Do not exceed recommended dosage(s) unless on the advice of a healthcare practitioner. This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

## INTERACTIONS

Use with caution in individuals taking blood thinning medication (i.e. Warfrin).

## HUMAN REPRODUCTION

Safety during pregnancy and lactation has not been established.

## DOSEAGE AND DIRECTIONS FOR USE

Adults: Take two (2) capsules daily

## SIDE EFFECTS

Side effects may include nausea, diarrhoea, vomiting.

## KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

Treatment should be symptomatic and supportive. In the case of accidental overdose of the product, contact the nearest hospital or poison control centre.

## IDENTIFICATION

Clear, size 0 capsule shell containing an orange powder.

## PRESENTATION

A white plastic container with white plastic screw cap and seal for protection, containing 60 capsules.

## STORAGE INSTRUCTIONS

Store in a cool, dark place

## KEEP OUT OF THE REACH OF CHILDREN

## REGISTRATION NUMBER

TBA

## DATE OF REGISTRATION

TBA

## NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF

### REGISTRATION

Young Living South Africa  
Clearwater Office Park, Building 6  
Millennium Boulevard  
Strubensvalley  
Roodepoort, Johannesburg  
1735

## DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

September 2020

## PATIENT INFORMATION LEAFLET

### SCHEDULING STATUS

Unscheduled

### PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM

AgilEase capsules

### READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU

- AgilEase capsules is available without a doctor's prescription, for you to treat a mild illness. Nevertheless you still need to use AgilEase capsules carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share AgilEase capsules with any other person.
- Ask your pharmacist or health care practitioner if you need more information or advice.

### WHAT AGILEASE CAPSULES CONTAINS:

AgilEase Blend 542.5 mg

Consisting of:  
Frankincense (*Boswellia serrata*) resin powder,  
Calcium fructoborate (from plant minerals),  
Curcuminoids complex (Turmeric - *Curcuma longa*) rhizome extract,  
Black pepper (*Piper nigrum*) fruit extract,  
Collagen (with undenatured type II collagen),  
Glucosamine HCl (Vegetable base),  
Hyaluronic acid (as sodium hyaluronate),  
Wintergreen (*Gaultheria procumbens*) leaf essential oil,  
Copaiba (*Copaifera officinalis*) resin essential oil,  
Clove (*Syzygium aromaticum*) flower bud essential oil,  
Black spruce (*Picea mariana*) whole tree essential oil.

The other ingredients are:

Rice Flour,  
Hypromellose,  
Silicon dioxide,  
Potassium chloride.

### WHAT AGILEASE CAPSULES IS USED FOR

Category D: Complementary medicine  
AgilEase capsules support the body's response to acute inflammation in healthy individuals. AgilEase capsules may promote healthy joint flexibility and mobility, and support cartilage health.

### BEFORE YOU TAKE AGILEASE CAPSULES

Do not take AgilEase if you are hypersensitive (allergic) to any of the ingredients. Do not take AgilEase capsules if you are taking blood thinning medication (i.e Warfrin). This medicine has not been evaluated by the SAHPRA. This medicine is not intended to diagnose, treat, cure or prevent any disease.

#### PREGNANCY AND BREASTFEEDING

If you are pregnant or breastfeeding your baby, please consult your healthcare provider for advice before taking this medicine.

#### TAKING OTHER MEDICINES WITH AGILEASE CAPSULES

Always tell your healthcare provider if you are taking any other medicine.

#### HOW TO TAKE AGILEASE CAPSULES

Do not share medicines prescribed for you with any other person. Always take AgilEase capsules exactly as your doctor or healthcare provider has instructed you. You should check with your doctor, pharmacist or healthcare provider if you are unsure. Keep out of the reach of children.

The usual dosage is:

Take 2 (two) capsules daily.

When you open your bottle of AgilEase capsules, you'll enjoy the slightly minty scent of the capsules. Swallowing the capsule leaves no aftertaste.

#### IF YOU TAKE MORE AGILEASE CAPSULES THAN YOU SHOULD

In the event of overdose, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.

#### POSSIBLE SIDE EFFECTS

AgilEase capsules may have side effects. Not all side effects reported for AgilEase capsules are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your doctor, pharmacist or other healthcare professional for advice. If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist or healthcare professional.

#### STORAGE AND DISPOSING OF AGILEASE CAPSULES

Store all medicines out of the reach of children.

Store in a cool, dark place.

Store in the original package / container.

Keep the container tightly closed.

Protect from light and moisture.

Do not store in the bathroom.

Do not use after the expiry date stated on the bottle.

Do not use AgilEase capsules if you notice visible signs of deterioration.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

#### PRESENTATION OF AGILEASE CAPSULES

A white plastic container with white plastic screw cap and seal for protection, containing 60 capsules.

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# AGILEASE™

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##### SCHEDULING STATUS

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##### PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM

AgilEase capsules

##### COMPOSITION:

AgilEase Blend 542.5 mg

INGREDIENTS	WT. PER 2 CAPSULE (MG)
Frankincense resin ( <i>Boswellia. sacra</i> ) powder	200.0000
Calcium Fructoborate	150.0000
Curcuminoids 10% (from turmeric)	100.0000
Undenatured chicken collagen type-II	40.0000
Glucosamine sulfate. 2kcl	25.0000
Piperine (from black pepper)	5.0000
Hyaluronic acid	5.0000
Wintergreen ( <i>Gaultheria procumbens</i> ) Essential oil	5.0000
Copaiba ( <i>Copaifera officinalis</i> ) Essential oil	5.0000
Clove ( <i>Syzygium aromaticum</i> ) bud oil	5.0000
Northern Lights Black Spruce ( <i>Picea mariana</i> ) whole tree oil	2.5000

Inactive ingredients:

INGREDIENTS	WT. PER 2 CAPSULE (MG)
Rice Flour	470.0000
Silicon dioxide	14.0000
Hypromellose Veggie cap	210.0000