

# Rheumafort+

## Short Product Characteristic

Rheumafort is a dietary supplement that has been successfully used for nearly 20 years by people who want to take care of healthy and functional joints. Rheumafort provides 6 plant extracts of chamomile flower, broccoli sprouts, angelica root, turmeric rhizome, astragalus (milk-vetch) root, pineapple fruit. These plants have a wide range of uses in cooking, cosmetology, as ornamental plants, as dye plants and finally as medicinal plants. Angelica, turmeric and astragalus have been used for centuries in traditional Chinese and Indian medicine.

The plant extracts contained in the preparation act synergistically, that is, their effect is greater than the sum of the individual separate actions. On the basis of data from the literature, it is believed that the combined action of the ingredients contained in the preparation is primarily to promote the inhibition of certain cytokines, which consequently has a beneficial effect on the processes of recovery and regeneration.

A clinical evaluation of the preparation was carried out at the Department of Rheumatology of the Medical University of Poznań. It was found that the plant extracts contained in the preparation show clinically significant beneficial effects in osteoarthritis. It has been concluded that supplementation of the daily diet with plant extracts by people with osteoarthritis leads to an improvement in the function of the affected joint (as determined by the WOMAC index) and a reduction in the complaints associated with the disease (pain and stiffness).

Taking a preparation containing plant extracts by people with osteoarthritis leads to an improvement in their quality of life. During a 6-week follow-up, there were no significant side effects or symptoms associated with taking the plant extracts.