

## Consumer Leaflet

Please read this leaflet carefully because it provides important information. proMyalgan is a dietary supplement, sold in pharmacies and health food shops without prescription. According to Directive 2002/46/EC of the European Parliament and of the Council of 10 June 2002 „the labelling of a dietary supplement must not attribute to it the property of preventing, treating or curing a human disease, or refer to such properties“.

# proMyalgan™

## Dietary Supplement

### Composition:

	1 tablet	4 tablets*
<b>Active ingredients:</b>	provides	provide
Daisy Leaf Extract	75 mg	300 mg
Grape Leaf Extract	75 mg	300 mg
Olive Seed Extract	75 mg	300 mg
Pineapple Fruit Extract	50 mg	200 mg
L-Tryptophan	50 mg	200 mg

**Accessory ingredients** (inactive): thickener – Potato Starch, stabilizer – Cellulose Microcrystalline (E 460), anti-caking agent – Titanium Dioxide (E 551), carrier – Magnesium Salts of Fatty Acids (E 470b). \*Amount given for 4 tablets - the recommended daily dose.

**Recommended usage:** Start from one tablet four times a day. The interval between consecutive doses should not be shorter than 4 hours. After 1 – 2 weeks the daily dose might be reduced gradually to one or two tablets a day depending on your wellbeing. Do not exceed the recommended daily dose. Dietary supplement cannot be used as a substitute for a varied diet. Varied diet and healthy lifestyle are essential for good health. Product suitable for vegans and vegetarians.

**Properties and mode of action:** proMyalgan provides natural nutrients suitable for everybody, and which consumption might be beneficial in case of fibromyalgia.

**Daisy Leaf Extract** (*Bellis perennis*) provides triterpenoid saponines that have multidirectional beneficial activity, and also provides the flavonoid<sup>1</sup> complex (apigenin, quercetin and luteolin) that have powerful antioxidant properties.

**Grape Leaf Extract** (*Vitis vinifera*) is rich source of polyphenols (resveratrol in particular) that have beneficial effect on the circulatory function, and through sirtuin<sup>2</sup> stimulation may enhance our resistance to stress and prolong our cells life and demonstrate powerful antioxidant properties.

**Olive Seed Extract** (*Olea europea*) provides anti-nociceptive complex of polyphenols, verbascosides, and essential oils that regulates processes of transduction, conduction, transmission and perception of nociceptive stimuli so much dysregulated in fibromyalgia. They also support muscle tension reduction. Excessive muscle tension may compress peripheral blood vessels and nerves causing pain, paraesthesia and numbness. These sensations may also affect nearby laying joints.

**Pineapple Fruit Extract** (*Ananas comosus*) provides a proteolytic enzyme bromelain that breaks down proteins and has

been used by the food industry as a meat tenderizer. Bromelain helps in clearing blood clots, intensifies some antibiotics. Research confirms that bromelain consumption is beneficial in several clinical situations e.g. for joint health, coronary vessels, paranasal sinuses and the urinary tract.

**Tryptophan** is essential amino acid, what means that it has to be supplied with food like vitamin. Tryptophan supports healthy sleep and good mood. It is also a precursor of two neurotransmitters (neurohormones) serotonin and melatonin, and vitamin B<sub>3</sub> – niacin. **Serotonin** relays signals between nerve cells (neurons), regulating their intensity. It plays a major role in mood, anxiety and happiness regulation. Most of the body's serotonin is found in the gastrointestinal tract where it regulates bowel function and movements. Low levels of serotonin have been found in majority of fibromyalgia patients. **Melatonin** is released by pineal gland and it is responsible for awake and sleep rhythm of the body. **Niacin** works in the body as a coenzyme, with more than 400 enzymes dependent on it for various reactions. Niacin helps to convert nutrients into energy, regulate fats metabolism, create and repair DNA, and exert antioxidant effects.

**Additional remarks:** Do not use if you are allergic to any of the ingredients. Pregnant or breast feeding women should consult their doctor before use. The product should be stored out of sight and reach of young children and at room temperature. Do not use after expiry date shown on this box close to the bar code.

**Available packages:** 60 and 120 tablets.

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<sup>1</sup>Flavonoids are widely distributed in plants fulfilling many functions. The original bioflavonoids such as quercetin luteolin and apigenin, are ubiquitous, but in smaller quantities. Research indicates that flavonoids may modify allergens, viruses, and carcinogens, and so may be biological "response modifiers". In vitro studies show that flavonoids also have anti-allergic, anti-inflammatory, anti-microbial, anti-cancer, and anti-diarrheal activities.

<sup>2</sup>Sirtuin - SIR - Silent Information Regulator, is a recently discovered group of proteins responsible for many vital processes of the body, among others cell life duration, which is important in neurodegenerative, cardio-vascular diseases and stress tolerance. Resveratrol is the most powerful known sirtuin stimulator.