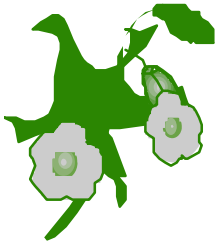


## DEVIL'S CLAW

Native to Africa, particularly South Africa, Devil's Claw is a folk remedy of the Hottentots, the Kalahari Bushmen and the Bantu people.

The plant owes its name and reputation to its fruit, which have large woody hooks, designed by the plant to disperse the seed, but which can occasionally cause irritation to livestock becoming lodged in the mouth, feet or hooves.

The part used is the swollen secondary root or tuber.

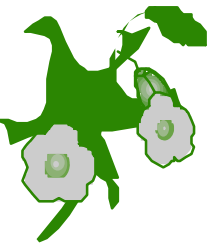


### The Benefits of Devil's Claw

**Osteoarthritis, spondylosis and gout** - the anti-inflammatory and analgesic powers of Devil's Claw have been widely reported.

**Rheumatoid arthritis** - rheumatoid arthritis is one of the commonest forms of autoimmune disease, where an over active immune system causes damage to the joints. In addition to anti-inflammatory and analgesic properties, Devil's Claw has recently been shown to have normalising effects on the immune system, helping to prevent further damage.

**Digestive Disorders** - Devil's Claw is said to have 'bitter' properties, which means it stimulates the digestive processes.

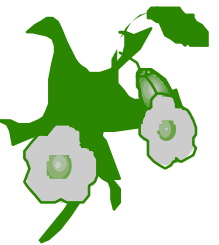


### Properties

Devil's Claw contains beta-sitosterol and three members of the iridoid glycoside family - harpagoside, harpagide and procumbine.

The harpagoside appears to be mainly involved in the analgesic effect but it is also involved with beta-sitosterol in the anti-inflammatory effect. The effect of whole Devil's Claw was found to be better than harpagoside on its own confirming that other active components are present.

Analysis gives Devil's Claw a 'bitter' value equivalent to gentian root, the main western 'bitter' (an agent used to stimulate the digestive juices).

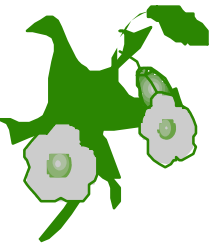


### Contra-indications / Precautions

Contra-indicated in people with gastric and duodenal ulcers because of its effects in stimulating the digestive processes.

Avoid during pregnancy or lactation.

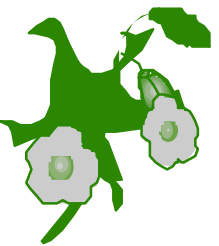
Take medical advice before taking when suffering from heart disease, diabetes or gallstones.



### Why Choose Natures Aid Devil's Claw?

Each Natures Aid Devil's Claw tablet contains 250mg of standardised extract equivalent to 1000mg of root containing 6,250µg of harpagosides.

SUITABLE FOR VEGETARIANS AND VEGANS



Natures Aid, St George's Park, Kirkham, PR4 2DQ

*This information has been provided to inform and educate trade customers and professionals only. It is not intended for use to diagnose, treat or cure disease; nor to provide medical advice. If in doubt consult a qualified practitioner.*

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