



# BOSWELLIA SERRATA

It is a medicinal plant which has a wide range of uses in pharmaceuticals, cosmeceuticals and agriculture. The branching tree is commonly found in parts of India, the Middle-East and North Africa.



## Oleo-resin

A gummy oleo-resin is derived out of its bark when peeled away.

## Boswellia Benefits

Boswellia extract has multiple benefits including reduced knee pain, increased knee flexion and walking pace. May help with Asthma and OA management.

## Potential Health Benefits

Boswellia serrata extract has potential therapeutic uses in treating other arthritis conditions, in addition to benefiting individuals with osteoarthritis of the knee.



## ASTHMA MANAGEMENT

*Boswellia serrata* gum resin, which is commonly known as Salai guggul in Ayurvedic medicine, contains boswellic acids that are known to inhibit leukotriene biosynthesis. A study conducted on bronchial asthma patients revealed that treatment with *Boswellia serrata* gum resin led to a remarkable 70% improvement in symptoms and lung function, compared to only 27% in the control group treated with lactose. These findings strongly support the effectiveness of *Boswellia serrata* gum resin in managing bronchial asthma.

Effects of *Boswellia serrata* gum resin in patients with bronchial asthma: results of a double-blind, placebo-controlled, 6-week clinical study.  
Eur J Med Res. > 1998 Nov 17;3(11):511-4

## OSTEOARTHRITIS MANAGEMENT

Osteoarthritis (OA) is the most common form of inflammatory joint disease. *Boswellia serrata* is considered to be a potent anti-inflammatory, anti-arthritis and analgesic agent that may help with reducing symptoms of OA.

BMC Complement Med Ther.  
2020; 20: 225. Published online  
2020 Jul 17. doi:  
10.1186/s12906-020-02985-6

## Specifications

**Botanical/Scientific name** *Boswellia serrata*

**CAS no.** 97952-72-2

**Description** Creamish yellow color powder

**Assay By Titration** 65%, 85%

**Complies with EU food regulations**