



Consider Yucca instead of NSAIDs

Yucca contains polyphenols and other stilbenes which have anti-inflammatory activity. It has been used in the treatment of arthritis and other joint pain. It lowers total cholesterol LDL and normalizes elevated triglycerides. NSAIDs have many problematic side effects, especially for at-risk persons.

I recommend that 2 Yucca capsules be taken 3 or 4 times per day as needed for pain.

- Combat pain without using OTC drugs.
- Regular use lowers total cholesterol and increases the HDL fraction (the good cholesterol).
- Yucca has anti protozoal activity and has inhibitory action against *Candida albicans* and *Cryptococcus neoformans*.
- Yucca phenolics are also anti-oxidants and free-radical scavengers.

Yucca schidigera is a plant native to Mexico and the desert southwest US. American Indians used it for sores, wounds, skin diseases, sprains and broken limbs. It is well known for its more recent use in with painful bone and joint conditions and hyper-lipidemia. It is also very effective for relief of the symptoms of premenstrual syndrome (PMS).

Yucca is a rich source of steroidal saponins. Saponins have diverse biological effects, including anti-protozoal activity. The anti protozoal activity may explain some of the anti-arthritic properties by suppressing intestinal protozoa which may have a role in joint inflammation. It also has two spiro stanol glycosides that have inhibitory activity against *Candida albicans* and *Cryptococcus neoformans*.

Yucca is also a rich source of polyphenolics, including resveratrol (the substance thought to be responsible for the French paradox) and a number of other stilbenes which have anti-inflammatory activity. They are inhibitors of the nuclear transcription factor NFkappaB, which causes formation of the inflammatory agent nitric oxide. These phenolics were shown to inhibit COX-1, COX-2, and LTB 4 formation.

Yucca phenolics are also anti-oxidants and free-radical scavengers. In several studies yucca has been shown to lower total cholesterol, lower LDL cholesterol and normalizing elevated triglycerides.

Yucca plants are generally considered safe when used in traditional doses based on several hundred years of use by Native Americans, both as food and medicine. A human clinical trial to test the efficacy of a yucca saponin extract for treating arthritic symptoms was give to more than 700 arthritis patients and no signs of toxicity were documented. There have no studies in pregnant or nursing women or children.

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Supplement Facts: Serving Size: 1 Capsule, Servings per Container: 100

Each capsule contains 400 mg Yucca shidigera root extract 4:1 (equivalent to 1600 mg whole herb)

Other ingredients: magnesium stearate, gelatin.

Suggested Use: Take 2 capsules per day or as directed by a qualified health professional.

Highest quality HPLC analyzed herbal extracts.

How **Yucca** is Supplied:

VMYU Bottles of 100 capsules



Phone: 888.953.5553

www.nutritionpureandsimple.com

*These statements have not been evaluated by the Food and Drug Administration
Products are not intended to diagnose, treat, cure, or prevent any disease*