

DEVIL'S CLAW

Used in herbal medicine to help relieve joint pain associated with osteoarthritis.

90 capsules 1 600 mg

VEGETARIAN | PESTICIDE FREE | GMO FREE

NPN 80000494

History²

Harpagophytum procumbens, commonly known as devil's claw, originates in southern Africa, particularly Namibia and Botswana. Its colloquial name, devil's claw, is due to the fact that its fruits are covered by small protuberances that look like claws.

This plant has been traditionally used for centuries to treat a broad range of ailments: as an analgesic, as a treatment for complications in pregnancy, as a pomade for skin conditions, as an infusion to combat blood-borne infections, as an anti-inflammatory treatment against musculoskeletal and rheumatic pain.

Devil's claw was introduced to the West in the 1920s when a German farmer living in Namibia brought some back with him to study in Europe. Since then, *harpagophytum* has received considerable attention, and it can be found today in a number of herbal preparations and as an adjuvant therapy for degenerative joint diseases like rheumatoid arthritis.



**BPF
GMP**

MEDICINAL INGREDIENT

Devil's claw (*Harpagophytum procumbens*) (secondary root tubers) (4:1, QBE 1 600 mg) 400 mg

NON-MEDICINAL INGREDIENT

Hypromellose

RECOMMENDED DOSE

Adult: 1 capsule 3 times daily. Take with a glass of water. Use for a minimum of 2 to 3 months to see beneficial effects.

WARNINGS

- Consult a health care provider if symptoms persist or worsen.
- Consult a health care provider before use if you are pregnant or breastfeeding.

HARPAGOPHYTUM PROCUMBENS

USDA Classification¹
 Kingdom: Plantae
 Division: Magnoliophyta
 Class: Magnoliopsida
 Order: Scrophulariales
 Family: Pedaliaceae
 Genus: *Harpagophytum*
 Species: *Harpagophytum procumbens* Burch. DC.

Professionals

Extracts drawn from the root of the plant are used in medical preparations. Laboratory studies have shown that these extracts inhibit a number of inflammatory pathways. These anti-inflammatory properties are due to the active compound in the plant: harpagoside. Animal studies, however, have shown that these analgesic properties are not solely attributable to this compound.

In 2000, Chantre et al.³ carried out a double-blind, randomized trial comparing a harpagophytum-based treatment (powder capsules, 435 mg, 6 capsules per day) to diacerein (100 mg per day), a drug used to treat joint pain. The study involved 122 participants who followed one treatment or the other for 4 months. The study concluded that harpagophytum was as effective as diacerein, but also that it was safer

In 2007, Warnock et al.⁴ led a study involving 259 participants over 8 weeks and established that harpagophytum treatment (tablets) had diminished the pain and increased the quality of life of participants suffering from joint pain. The study qualifies the treatment as effective and well tolerated for moderate to severe ailments. It is recommended to take one capsule 3 times per day for a total of 4.8 grams of harpagophytum daily.



LEO DESILETS

Léo Désilets Master Herbalist is an entirely Quebec owned and operated natural products firm based in Scotstown in the Eastern Townships. It began operations in 1974 when the founder launched his premier product: Balsam Fir Gum

Our production methods meet the requirements and quality standards of Health Canada's Good Manufacturing Practices (GMP).

We produce a wide range of natural health and skincare products, which are available through our website as well as most natural health stores and some pharmacies.

Our mission: to offer high quality natural health and skincare products to help you take care of your health in a natural way.

RÉFÉRENCES

¹ **Fiche Harpagophytum procumbens.** USDA Plants Database. Available online: <http://plants.usda.gov/core/profile?symbol=HAPR3> (consulté le 30.01.2015)

² **Grant L.** A Review of the Biological and Potential Therapeutic Actions of *Harpagophytum procumbens*. *Phytotherapy Research*. 21:199-209. 2007

³ **Chantre P et al.** Efficacy and Tolerance of *Harpagophytum procumbens* Versus Diacerein in Treatment of Osteoarthritis. *Phytomedicine*. 7(3):177-183. 2000

⁴ **Warnock M et al.** Effectiveness and Safety of Devil's Claw Tablets in Patients with General Rheumatic Disorders. *Phytother. Res.* 21(12):1228-33. 2007

