

Can Arthritic Patients Find Symptom Relief from Antioxidant Supplements?

Why are you afflicted by this dreaded disease? It is something that can be caused by many conditions; from your genetic makeup, to autoimmune factors (rheumatoid arthritis), to uric acid deposits (gout), and to simply wear and tear on the joints with age or use (osteoarthritis). Whatever the cause, the consequent inflammation of the joint can cause swelling and pain with subsequent damage from the underlying inflammatory condition.

The inflammation process is a complex one involving protective cells of your body, white blood cells (leukocytes and macrophages). These white blood cells are attracted to the damaged joints and try to minimize the harm by dealing with what the cells consider “foreign”; that is, something that should not be there. In trying to defend against the affliction, these cells release oxidants as well as inflammation-causing molecules that can lead to further damage to the joint.

We ask then if there is any information or studies on whether antioxidants could have a beneficial effect on either the disease or on its symptoms.

For decades many sufferers of inflammatory conditions, such as gout, have turned to antioxidant supplements, like tart cherry concentrate, that is well known to affect the underlying inflammation problem and has brought pain relief to many sufferers.

In the scientific literature, there are many publications that demonstrate arthritic symptom relief from antioxidant supplements. For example, a Korean study entitled “Inadequate Antioxidant Nutrient Intake and Altered Plasma Antioxidant State of Rheumatoid Arthritis Patients”, published in the Journal of the American College of Nutrition (Volume 22, pages 311-315), involved 97 women with arthritis that showed a significant decrease of blood antioxidant levels in these women compared to normal non-arthritic women in the control group. The study concluded that arthritis patients, i.e. these women, would benefit significantly in terms of relief of their arthritic condition by **increasing** their daily antioxidant intake.

An antioxidant supplement such as **Cantavita** delivers a mixture of very active antioxidants and more importantly delivers them continually over a 24 hour period.

In another study in the prestigious American journal, “Proceedings of the National Academy of Sciences” (Volume 96, page 4524) Dr. Haqqi and his collaborators examined the oral consumption of green tea polyphenols (very potent antioxidants found in nature) on arthritis patients at the onset of the disease and found a significant reduction of arthritis development, as well as little joint infiltration by the body’s damaging cells, for those that received the antioxidants. Patients in the control group did not receive the green tea polyphenols and showed massive infiltration of joint-damaging cells.

This study indicates the importance of antioxidants in the prevention of arthritis and also in its escalation from a minimal (acute) to a severe (chronic) condition.

Cantavita contains high levels of the green tea polyphenols found critical in arresting the commencement and development of arthritis as concluded in this study.

A recent publication by Dr. Ostrakhovitch in the journal “Biochemical Pharmacology” (Volume 62, pages 743-746) entitled “Oxidative Stress in Rheumatoid Arthritic Leukocytes: Suppression by Rutin and Other Antioxidants and Chelators” showed that the natural product rutin greatly suppressed the generation of superoxide ion radicals that are an important class of free radicals linked to arthritis development.

This natural product rutin is a flavonol that produces quercetin in the intestinal tract.

Cantavita slowly releases another flavonoid-like molecule similar to quercetin that is expected to mimic rutin’s suppression of antioxidant stress.

The final example is a recent study by Dr. van Vugt and his colleagues in the Journal "Clinical Rheumatology" (Volume 27, pages 771-775) reporting that patients were given an antioxidant supplement mixture and a "disease activity score" was used to assess the intensity of their arthritic condition to determine the effect of the supplement. After 10 weeks into the study, the health of the arthritic patients significantly increased with a parallel decrease in swollen and painful joints.

The conclusion from these, and a multitude of other corroborating studies, provides a resounding **YES** to the question whether **antioxidant supplements** can be a natural and significantly beneficial way to decrease some of the damaging health effects and pain associated with arthritis.

Since arthritis manifests itself every minute of the day, your antioxidant supplement should likewise be available full time. Around-the-clock protection requires a time release formulation.

CANTAVITA is an ultra potent antioxidant formula in a **time release** tablet that **continuously supplements** the body with a variety of powerful antioxidants.

One tablet works for 12 hours, one tablet at dinner and one at breakfast provides around-the-clock protective antioxidants.