



BOSWELLIA EXTRACT



How Boswellia Works

Boswellia, also known as Indian frankincense, is an extract from the *Boswellia serrata* tree that is found in parts of Asia and Africa. It is an herbal remedy that is often used in Ayurveda for century.

Four acids in boswellia resin contribute to the herb's anti-inflammatory properties. These acids inhibit 5-lipoxygenase (5-LO), an enzyme that produces leukotriene. Acetyl-11-keto- β -boswellic acid (AKBA) is thought to be the most powerful of the four boswellic acids. However, other research suggests other boswellic acids are responsible for the herb's anti-inflammatory properties.