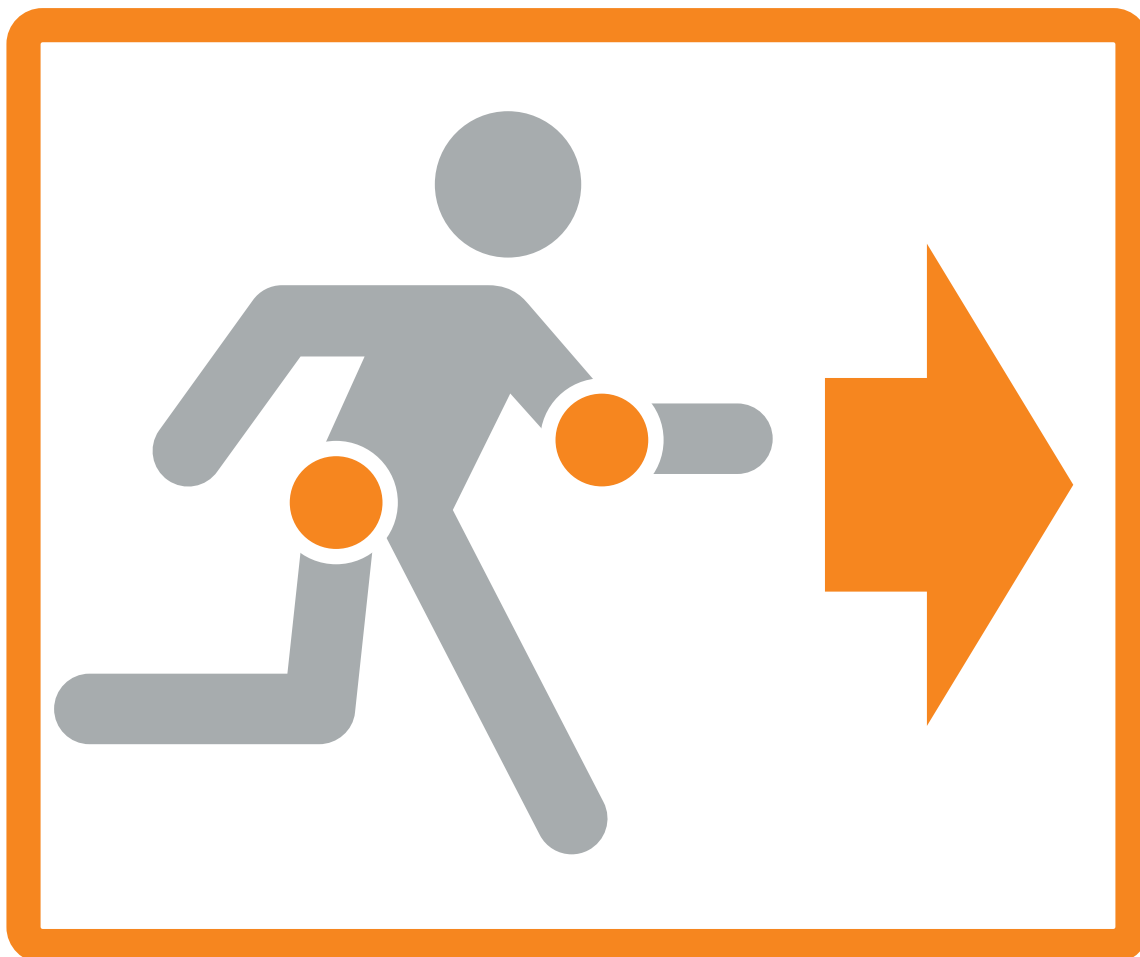


# LOCALIZED TENSIVE STATES?



GO OUT WITH **DOL LINE**

A line with all the indications to promote the wellbeing of the joints and to relief affected skin areas.

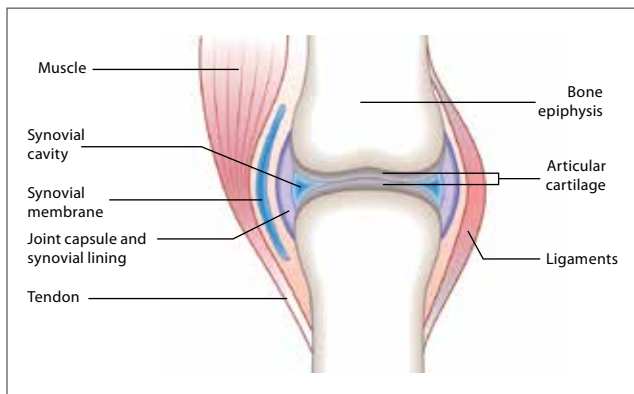
Quality, Efficacy, Guarantee.

Think Green. Live Green.

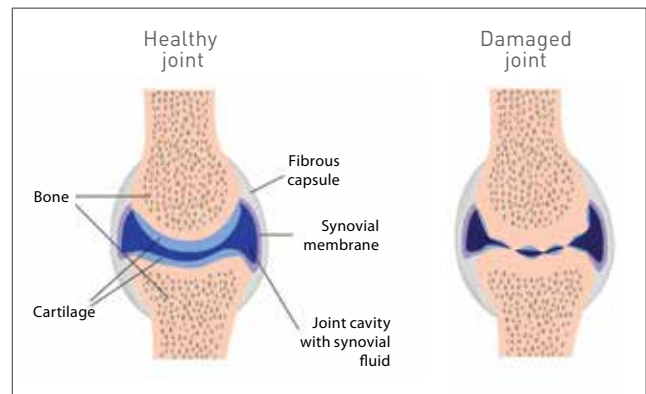


# New DOL LINE from Erba Vita: herbal medicine and dietary supplements for osteoarticular disorders.

## JOINTS



Anatomical diagram of a joint



Degenerative processes in joints

## THE MOST COMMON CAUSES OF JOINT DISORDERS

**NATURE OF TRAUMA:**  
FALLS, BRUISES,  
INJURIES AND TRAUMA.

**ACUTE DISORDERS:**  
LOW BACK PAIN OR  
LOCALISED SUFFERING.

**CHRONIC NATURE:**  
ARTHRISIS AND  
ARTHRITIS.



## DOL LINE FROM ERBA VITA: THE BASICS OF PHYTO-NUTRITIONAL CHONDROPROTECTION

- **Selection of medicinal plants** chosen based on the tradition of use and scientific evidence of their biochemical constituents, which act with differentiated mechanisms and biological effects, but in synergy with each other.
- **Specific and targeted vitamin-mineral supplementation** with phyto-nutritional chondroprotective factors, to help reduce joint inflammation and painful symptoms.
- Consultation of scientific studies that demonstrate the effectiveness of selected medicinal plants and nutritional factors in the **protection of articular cartilage and prevention of arthritic disorders.**

# With Erba Vita was born and developed the PHYTO-NUTRITIONAL CHONDROPROTECTION.

**COMPENSATION OF COMPONENTS NATURALLY PRESENT  
IN CARTILAGE AND RATIONAL USE OF SPECIFIC MEDICINAL  
PLANTS, WITH SYNERGETIC ACTION**



**OPTIMIZATION OF JOINT OPERATION**

## **The importance of Chondroprotection**

Chondroprotection, useful for the support of articular cartilage and prevention of arthritic process, is based on the supplementation of components and cofactors of the synthesis of the basic substance of cartilage such as Glucosamine, Hyaluronic Acid and Vitamin C. It is always advisable to use, in combination, herbal extracts with anti-inflammatory effect.

## **SOME NUTRITION AND PHYSIOLOGICAL FACTORS ESSENTIAL FOR CHONDROPROTECTION**

### **HYALURONIC ACID**

- It is responsible for the physiological processes of joint regeneration.
- It preserves the integrity of the articular cartilage, maintaining hydration and plasticity.
- It promotes the production of proteoglycans.

### **GLUCOSAMINE**

- It is the most abundant glycosaminoglycan in the joints.
- It is the essential component for the strength and elasticity of cartilage; it promotes the mechanical absorption of shocks.
- It acts synergistically with ascorbic acid, to ensure the biosynthesis of new cartilage.

### **CHONDROITIN SULPHATE**

- One of the most important constituents of cartilage.
- It promotes the biosynthesis of glycosaminoglycans.
- It limits the activity of enzymes that degrade synovial fluid.

### **SPECIFIC HERBAL PLANTS titrated and standardized**

- Anti-inflammatory effect results from the action of various active ingredients capable of interfering with the release of pro-inflammatory mediators.
- They limit the inflammatory processes.
- They relieve painful symptoms.
- They reduce oedema and swelling.

# ARTIDOL CAPSULE

Food Supplement

Plant extracts and nutritional factors acting synergistically for joint disorder control.

- It combats the symptoms of arthrotic disorders, facilitating motor skills.
- It controls pain and inflammation in acute and chronic articular episodes, improving the mobility of tendons and ligaments.
- It promotes the normal formation of connective tissue.
- It guarantees documented safety of use and anti-inflammatory efficacy and greater protection of the gastric mucosa, thanks to the acid-resistant capsules.

**Based on:** Devil's Claw, Boswellia, Spirea ulmaria, Cat's Claw, Turmeric, Black Currant, Dog Rose, White Willow, Black Pepper and Manganese.

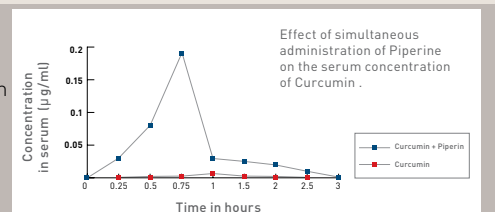
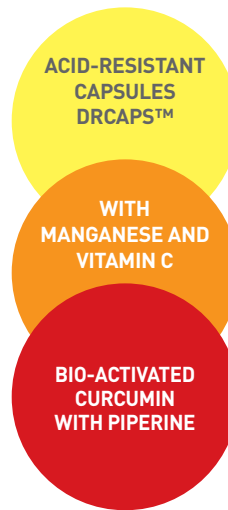
**Directions:** 3 capsules per day, between meals.

**Content:** 60 acid-resistant capsules

**Bio-activated Curcumin with Piperine.** The Curcumin extract is highly concentrated (standardized to 95%), a potent anti-inflammatory substance that inhibits cyclooxygenase-2 and the transcription factor NF-kB (important mediator of inflammatory processes). The association with Piperine, the plant active ingredient (from Black Pepper), **implements tissue bioavailability of Curcumin:** in fact Piperine inhibits the elimination channels of Curcumin, thus multiplying its anti-inflammatory action.

*(see scientific bibliography at the end of the brochure)*

**ENHANCED ANALGESIC ACTION**  
from Spirea ulmaria and White Willow



# CARTIDOL TABLETS

Food Supplement

Excellence in phyto-nutritional chondroprotection.

- It assists the proper functioning of the cartilage tropism and joint function.
- It limits the degeneration and progression of cartilage damage.
- It hampers the inflammatory process in all joint locations.
- It promotes the reconstruction of new cartilage and connective tissue.
- It counteracts in synergy with Artidol capsules, the acute and chronic symptoms related to cartilage damage.
- It helps in post-surgical and post-arthroscopic rehabilitation.

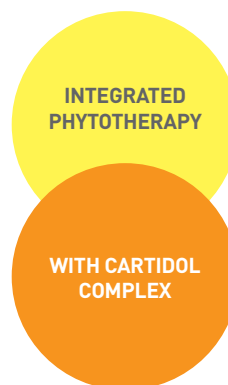
**It is based on:** Devil's Claw, Dog Rose, Glucosamine Sulphate, MSM, Hydrolyzed Collagen Type II, Depolymerized Chondroitin Sulphate, Hyaluronic Acid, Manganese and Vitamin E.

**Directions:** 2 tablets per day, between meals.

**Content:** 45 tablets

## GLUCOSAMINE AND CHONDROITIN SULPHATE

Ingredients recommended by EULAR  
(European League Against Rheumatism) for the management  
of osteoarthritis of the knee, hip and hand



**Cartidol complex.** It is a unique and innovative ingredient, 100% natural, made with advanced, patented technology; guarantees high standardized concentration and maximum bioavailability of its active ingredients (**Hydrolyzed collagen type II, Hyaluronic Acid and Chondroitin Sulphate**), fundamental for the structure and proper function of the joint. Contains not less than 60% of Hydrolyzed Collagen Type II and not less than 10% of Hyaluronic Acid. The chondroitin sulphate content (not less than 20%) is in the depolymerized form and therefore characterised by low molecular weight which allows for oral absorption 5 times higher than that traditionally.

## ARTIDOL GEL

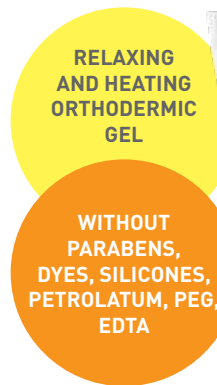
Useful in case of: stiffness and joint pain, inflamed joints, localised and prolonged tensive states.

- Original and exclusive formulation, soothing action.
- Useful for joint pain of various origins.
- Relief for aching joints.
- Anti-inflammatory action on muscles, tendons and joints.

**Based on:** Devil's Claw, White Willow, Arnica montana, Meadowsweet, Boswellia serrata and Chilli Pepper. With essential oils of: Rosemary, Eucalyptus, Cinnamon and Ginger.

**Directions:** 2 or 3 applications per day on affected areas of the skin.

**Content:** 100 ml



**Devil's claw.** The roots of this medicinal plant have been used for thousands of years for their anti-inflammatory and analgesic properties. The anti-inflammatory activity is due to the contemporary action of various active ingredients (iridoid glycosides including harpagoside, harpagide and procumbide) that are able to interfere with the release of pro-inflammatory mediators and rescale the perception of painful stimuli. Clinical use has been investigated for chronic rheumatism, rheumatoid arthritis and osteoarthritis, in different locations (coxarthrosis, gonarthrosis), as well as for tendinitis.

## CONTUDOL GEL

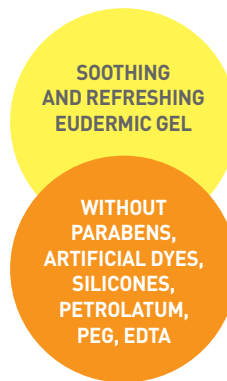
Useful in case of: sprains, trauma, contusions, bruises and oedematous states.

- It gives an immediate sense of relief to the affected skin areas.
- It creates a pleasant feeling of freshness.
- Original and exclusive formulation, with soothing action.
- High concentration of arnica extract.

**Based on:** Arnica (20%), Horse Chestnut, Pineapple and Chamomile. Essential oils of: Mint, Lemon grass, Lemon Balm and Clove.

**Directions:** apply the gel on the affected area and massage until completely absorbed.

**Content:** 75 ml

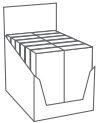

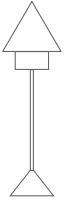
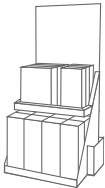


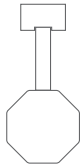






**Arnica montana.** The extract from the Arnica flowers is used because of its anti-inflammatory, analgesic and anti-ecchymotic properties. Arnica reparations for outdoor use provide immediate relief to bruises, helping to reabsorb oedema and blood effusion. According to several studies and scientific sources, topical treatment with Arnica ointments or gel is efficient for mild forms of osteoarthritis of major joints. The most important constituents are flavonoids, triterpenes, sesquiterpene lactones and essential oils, also containing thymol and coumarins.

# Main medicinal plants and useful nutritional factors in joint disorder control and chondroprotection.

PLANT OR MICRONUTRIENT SPECIES	PRINCIPAL FUNCTIONS	ARTIDOL CAPSULES	ARTIDOL GEL	CARTIDOL TABLETS	CONTUDOL GEL
Devil's Claw	The anti-inflammatory effects of harpagoside, one of the main active ingredients, have been demonstrated experimentally: greater reduction in local inflammation and stabilization of the joint function was observed.	●	●	●	
Boswellia	Anti-inflammatory medicinal plant par excellence: it is indicated in cases of inflammation of various origins.	●	●		
Meadowsweet	Local and systemic anti-inflammatory properties.	●	●		
Uncaria	Medicinal plant which, in addition to acting as an immune inducer, possesses strong anti-inflammatory properties.	●			
Turmeric	Highly concentrated extract in Turmeric (titrated at 95%), a potent anti-inflammatory substance that inhibits cyclooxygenase-2 and the transcription factor NF-kB (important mediators of inflammatory processes).	●			
Blackcurrant	Recognized anti-inflammatory action <i>cortison-like</i> .	●			
Dog Rose	Source of ascorbic acid, a water-soluble vitamin that, in addition to having significant antioxidant effects, has a biological role in the production of elastin and collagen, the fundamental components of osteoarticular tissues.	●		●	
White Willow	Widely used as a remedy for joint pain, thanks to its analgesic, anti-rheumatic and anti-inflammatory effects	●	●		
Black Pepper	Its main active ingredient, Piperine, implements tissue bioavailability of Curcumin (via bio-functional activation).	●			
Arnica	Provides immediate relief for bruises, helping to reabsorb oedema and blood effusion.		●		●
Chilli Pepper	Capsaicin is its main active ingredient; it is known for its anti-rheumatic rubefacient action; it promotes penetration of other functional components in the epidermis.		●		
Essential oil of Rosemary	With anti-rheumatic properties, it is useful in fighting muscle, joint and nerve pain.		●		
Essential oil of Eucalyptus	Refreshing effect.		●		
Essential oil of Cinnamon	Rubefacient action.		●		
Essential oil of Ginger	Rubefacient action.		●		
Horse chestnut	Anti-inflammatory and anti-oedema action.				●
Pineapple	Anti-inflammatory and anti-oedema action.				●
Chamomile	Anti-inflammatory and soothing action.				●
Essential oil of Mint	Refreshing effect.				●
Essential oil of Citronella	Refreshing effect.				●
Essential oil of Lemon Balm	Soothing action.				●
Essential oil of Clove	Analgesic properties.				●
Vitamin E	Vitamin with antioxidant properties, essential also for the joint district.			●	
Manganese	Essential mineral for the body for the promotion of osteoarticular functions; it has a biological role in the formation of cartilage and synovial fluid.	●		●	
Glucosamine sulphate	Essential component which provides strength and elasticity to cartilage, determines in situ lubrication and mechanical absorption of shocks.			●	
MSM (Methyl-sulphonyl-methane)	Ensures high standardized concentration and maximum bioavailability of its active constituents, fundamental for the structure and proper function of joints.			●	
Hydrolysed collagen	It ensures a high concentration and a maximum standardized bioavailability of its active constituents, fundamental to the structure and the correct joint function.			●	
Chondroitin sulphate	It promotes the biosynthesis of glycosaminoglycans; limits the activity of enzymes that degrade synovial fluid.			●	
Hyaluronic acid	Responsible for the physiological processes of regeneration, also preserves the integrity of the articular cartilage.			●	

# Merchandising

For a single product	 DISPLAY BOX	 LEAFLET	 TOTEM	 COUNTER DISPLAY	 REGLETTE	 SINGLE DOSE SAMPLE	 STOP RAYON
 ARTIDOL Capsules	●			●			
 ARTIDOL Gel				●		●	
 CARTIDOL Tablets	●	●	●	●	●		●
 CONTUDOL Gel				●			

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