



# Cat's Claw

## INTRODUCED 2004

### What Is It?

Cat's claw, *Uncaria tomentosa*, is an herbal extract. It has been used traditionally in Peru for over 2,000 years. Alkaloids, phenols, sterols and glycosides comprise some of the naturally occurring constituents of this herb.

### Uses For Cat's Claw

**Joint Health:** In a 52-week, randomized double blind trial, cat's claw extract promoted joint comfort in volunteers. A 4-week study also suggests that cat's claw has the ability to promote joint comfort, in part by moderating prostaglandin metabolism. Other mechanisms of action that may account for these effects include modulation of both oxidative stress and cytokine production.\*

**Cardiovascular Health:** Cardiovascular protective properties include support for healthy vascular and platelet function.\*

**Immune Support:** Cat's claw alkaloids have been specifically associated with enhancing immune system cell function, including phagocytosis and macrophage activity.\*

**Gastrointestinal Health:** Studies involving cultured gastric epithelial cells suggest that cat's claw may provide important antioxidant protection for gut health.\*

### What Is The Source?

This extract is sourced from the inner vine bark of Cat's claw (*Uncaria tomentosa*). It is standardized to contain 3% oxindole alkaloids (2.73% POAs and 0.27% TOAs). Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation.

### Recommendations

Pure Encapsulations recommends 1-6 capsules per day, in divided doses, with meals.

### Are There Any Potential Side Effects Or Precautions?

Mild gastrointestinal discomfort has been reported in some cases. Not to be taken by pregnant or lactating women.

### Are There Any Potential Drug Interactions?

Cat's claw may be contraindicated for individuals who are taking blood thinning or antihypertensive medications due to a potential synergistic effect.

#### Cat's Claw

each vegetable capsule contains	 v 0
cat's claw ( <i>Uncaria tomentosa</i> ) extract .....	450 mg (standardized to contain 3% oxindole alkaloids)
vitamin C (as ascorbyl palmitate) .....	10 mg
<b>Not to be taken by pregnant or lactating women.</b>	
1-6 capsules per day, in divided doses, with meals.	

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.

