ActivPower IRX

HUMAN KNOWLEDGE BASE • INGREDIENT SCIENCE

Boswellia serrata for Human Joint Health & Mobility

A botanical resin studied for its role in supporting joint comfort, flexibility, and normal inflammatory balance.

IRx-ZEUS® | Indian Frankincense | Boswellic Acids · AKBA

What Is Boswellia serrata?

Boswellia serrata, commonly known as Indian frankincense, is a botanical resin traditionally used in wellness systems and now widely studied for its role in joint health, mobility, and normal inflammatory balance. Boswellia contains naturally occurring **boswellic acids**, including AKBA, studied for their interaction with pathways involved in the body's normal inflammatory response.

Boswellia serrata powder is included in **IRx-ZEUS® for humans** as part of a broader formulation designed to support mobility, musculoskeletal wellness, and active living.

Why Boswellia Is Studied for Joint Support

The strongest human research on Boswellia relates to joint comfort, flexibility, and physical function.

- A 2020 meta-analysis of randomized controlled trials found Boswellia and its extracts were associated with improvements in pain, stiffness, and physical function scores in people studied for osteoarthritis-related outcomes (Yu et al., 2020).
- Standardized extracts in adults with knee osteoarthritis reported improvements in WOMAC pain, stiffness, and function scores (Kimmatkar et al., 2003; Sengupta et al., 2008).

For regulatory purposes, Boswellia is best described as supporting joint comfort, flexibility, mobility, and musculoskeletal wellness rather than as treating arthritis or disease-related inflammation.

Normal Inflammatory Balance

Boswellic acids have been studied for their interaction with inflammatory signaling pathways, including 5-lipoxygenase, NF-κB, COX-2, MAPK signaling, and cytokine-related pathways (Ammon, 2016). These mechanisms help explain why Boswellia is often discussed as a botanical that may support normal inflammatory balance — though "anti-inflammatory" should be used carefully in consumer-facing supplement communication.

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Tissue Health, Longevity & Wellness

Preclinical studies have explored Boswellia extracts in tissue-health and wound-healing models, but human evidence remains limited. There is no reliable human evidence that Boswellia extends lifespan; its wellness relevance is better described through support for mobility, physical activity, and normal inflammatory balance.

Safety Considerations

Boswellia is generally reported as well tolerated, though mild digestive symptoms may occur in some individuals. People who are pregnant, nursing, taking medications, preparing for surgery, or managing medical conditions should consult a qualified healthcare professional before using supplements.

The ActivPower Perspective

ActivPower includes Boswellia serrata powder in IRx-ZEUS® for humans as part of a broader formula intended to support mobility, joint comfort, and musculoskeletal wellness. The literature supports Boswellia as a botanical ingredient of interest for healthy movement and normal inflammatory balance, while making clear it should not be presented as a treatment, cure, or prevention for arthritis, wounds, or inflammation-related disease.

FEATURED IN

IRx-ZEUS® for Humans

Power Your Possible™

Selected References — Human Literature

1. Ammon HPT. Boswellic acids and their role in chronic inflammatory diseases. *Adv Exp Med Biol.* 2016.
2. Kimmatkar N, Thawani V, Hingorani L, Khiyani R. Efficacy and tolerability of Boswellia serrata extract in treatment of osteoarthritis of knee. *Phytomedicine.* 2003.
3. Sengupta K, Alluri KV, Satish AR, et al. A double-blind, randomized, placebo-controlled study of the efficacy and safety of 5-Loxin for treatment of osteoarthritis of the knee. *Arthritis Res Ther.* 2008.
4. Yu G, Xiang W, Zhang T, Zeng L, Yang K, Li J. Effectiveness of Boswellia and Boswellia extract for osteoarthritis patients: a systematic review and meta-analysis. *BMC Complement Med Ther.* 2020.

DISCLAIMER

This article is provided solely for educational and informational purposes and summarizes selected scientific literature concerning Boswellia serrata as a nutritional ingredient in humans. Nothing herein is intended to diagnose, treat, cure, mitigate, or prevent any disease, injury, arthritis, inflammatory disorder, or medical condition in humans.

Statements regarding dietary supplements have not been evaluated by the U.S. Food and Drug Administration (FDA). Individual responses may vary. Consumers should consult a qualified healthcare professional before introducing any new supplement or nutritional ingredient into a wellness program. No claim beyond the educational discussion of current scientific literature is stated or implied.