ActivPower IRX

HUMAN KNOWLEDGE BASE • INGREDIENT SCIENCE

Devil’s Claw Root for Human Mobility & Musculoskeletal Wellness

A Southern African botanical rich in harpagoside, studied to support mobility, joint comfort, and musculoskeletal wellness.

IRx-ZEUS® | Harpagophytum procumbens | Harpagoside

What Is Devil’s Claw Root?

Devil’s Claw Root (*Harpagophytum procumbens*) is a botanical native to Southern Africa, used traditionally for generations and now the subject of extensive scientific investigation into its phytochemistry and its role in supporting mobility, physical activity, and musculoskeletal wellness. It contains iridoid glycosides — notably **harpagoside**, harpagide, and procumbide — and phenolic compounds such as acteoside. It is included in **IRx-ZEUS® for humans**.

Botanical Composition & Biological Activity

Harpagoside is the principal phytochemical marker of Devil’s Claw and has been studied for its interaction with pathways involved in the body’s normal inflammatory response (Mahomed & Ojewole, 2004; Haseeb et al., 2017). Laboratory studies report interactions with NF-κB signaling, cyclooxygenase-related pathways, cytokine networks, and oxidative-stress mechanisms, with effects on mediators including IL-6 and TNF-α under experimental conditions.

Research on Mobility & Musculoskeletal Wellness

The strongest clinical evidence for Devil’s Claw concerns mobility, musculoskeletal comfort, and physical function.

- A systematic review by Gagnier et al. (2004) evaluated 12 clinical studies and reported moderate evidence supporting Devil’s Claw preparations in osteoarthritis and chronic low-back pain.
- An evidence-based systematic review by Ulbricht et al. (2007) concluded Devil’s Claw possesses among the most substantial clinical evidence of botanicals investigated for musculoskeletal support.

While improvements in physical function, mobility, and quality of life have been reported, current evidence supports Devil’s Claw as a nutritional ingredient contributing to musculoskeletal wellness — not a disease-modifying intervention.

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Healthy Aging & General Wellness

Reviews propose that ingredients supporting mobility, physical activity, and oxidative-stress pathways may contribute positively to quality of life during aging (Mncwangi et al., 2022). Devil's Claw has demonstrated antioxidant properties and interactions with cellular stress-response pathways; however, no human clinical studies show it extends lifespan. Healthy-aging relevance is framed through mobility and wellness mechanisms.

Traditional & Tissue-Health Research

Traditional Southern African uses included skin health, minor injuries, and digestive and restorative practices. Modern studies explore antioxidant activity and support for normal inflammatory balance, but direct clinical evidence for wound-healing outcomes remains limited and largely preclinical.

Safety Considerations

Published reviews generally report Devil's Claw preparations to be well tolerated when used appropriately (Ulbricht et al., 2007). Reported effects may include gastrointestinal discomfort, dyspepsia, loose stools, or nausea. Individuals with medical conditions, those taking medications, and pregnant individuals should consult a qualified healthcare professional before introducing new supplements.

The ActivPower Perspective

ActivPower includes Devil's Claw Root powder in IRx-ZEUS® for humans because of ongoing scientific interest in botanical ingredients that may support mobility, physical function, and musculoskeletal wellness. Its strongest evidence is in mobility support; research on tissue health and healthy aging continues to evolve.

FEATURED IN

IRx-ZEUS® for Humans

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Selected References — Human Literature

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3. Haseeb A, Ansari MY, Haqqi TM. Harpagoside suppresses IL-6 expression in primary human osteoarthritis chondrocytes. *J Orthop Res.* 2017;35(2):311–320.
4. Mahomed IM, Ojewole JAO. Devil's Claw (Harpagophytum procumbens): an anti-inflammatory herb with therapeutic potential. *Phytochem Rev.* 2004.
5. Menghini L, et al. Harpagophytum procumbens root extract mediates anti-inflammatory activity through cannabinoid receptor-2 modulation. *Pharmaceuticals.* 2022;15(4):457.
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7. Harpagophytum procumbens (Devil's Claw) monograph. *Altern Med Rev.* 2008;13(3):248–252.

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This article is provided solely for educational and informational purposes and summarizes selected scientific literature concerning Devil's Claw Root (Harpagophytum procumbens) 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.

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