



# Rumalaya®

## Natural Joint Support

### 🐾 PRODUCT DESCRIPTION

**Rumalaya®** helps support the connective tissue structure and attenuate the discomfort caused by impaired movement. Those discomforts are a widespread occurrence resulting from such factors as climate, lifestyle, work habits and sedentary, repetitive movement, etc. Taken daily as a dietary supplement, **Rumalaya®** has demonstrated very good results in relieving discomfort caused by morning stiffness. Results are gradual but long lasting.

The mechanism of the support action of **Rumalaya®** has been explained by an increase in the concentration of a substance that, in turn, inhibits the release of lysosomal enzymes and helps maintain healthy joints.

Supporting healthy joints is very valuable over the long run and considerably improves the sense of well-being for elderly people. **Rumalaya®** has been shown to be particularly effective when taken in combination with **Geniforte®**.



### 🐾 MAIN INGREDIENTS

Himalaya ProSelect® formulas are derived from traditional ayurvedic remedies whose key ingredients are combined to achieve safe and synergistic effects. One active ingredient may be buffered by others while certain ingredients play the role as adjuvants, by strengthening the digestive system or helping to remove wastes. Others are included to increase bioavailability and enhance absorption. No single active constituent has the broad activity of the entire plant and no single plant has the activity and safety of carefully formulated blends.

- 🐾 **Guggul** (*Commiphora mukul*) - Increases white blood cells and normalizes lipids.
- 🐾 **Indian madder** (*Rubia cordifolia*) - Blood-purifying herb and immune regulator.
- 🐾 **Horseradish tree** (*Moringa pterygosperma*) - Broad stimulant.
- 🐾 **Gokshura** (*Tribulus terrestris*) - Helps maintain healthy coronary arteries and circulation.
- 🐾 **Musk mallow** (*Hibiscus abelmoschus*) - Helps support healthy joints.
- 🐾 **Guduchi** (*Tinospora cordifolia*) - Tonic which helps build the body's immune resistance.
- 🐾 **Mineral Pitch** (*Shilajeet*) - Tar-like purified exudate, balanced general tonic.





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### RECOMMENDED DOSAGE

**Presentation: 60 Tablets**

**Directions:** Take 1 or 2 tablets twice daily, preferably with meals.

**Caution:** Keep out of direct light and reach of children.

The use of natural products provides progressive but long-lasting results. Allow several weeks for full benefits.

### KEY RESEARCH

Many orthopedists have recognized the value of natural products such as **Rumalaya®** in maintaining healthy joints.

*Indian Practitioner, (1984) : 2, 213*

The safety of **Rumalaya®** has been demonstrated by toxicity studies, both acute and chronic. "No toxicity or adverse side-effects were encountered during regimen from 10 days to 2 months."

*Current Medical Practice, (1981) : 7, 285*

"No biochemical or hematological abnormality was noticed during **Rumalaya®** regimen for up to 2 years. The conclusion was that **Rumalaya®** is an effective agent at all stages and cuts the analgesic requirements."

*The Medicine & Surgery, (1980) Vol XX, No 8, 5*

"Sixty-two cases were selected for a clinical trial with **Rumalaya®**. There was significant satisfaction reported after three months."

*Indian Medical Journal (1984):(78), 6, 82-86*

### OUR DEDICATION TO SCIENCE AND QUALITY

We are dedicated to providing safe and effective natural health products that help "defy aging" and enhance life, naturally. Our scientifically validated natural formulas come from The Himalaya Drug Company, founded in 1930 and a worldwide leader in modern adaptation of an age-old tradition. Rooted in Ayurveda, the Science of Life and Longevity, our carefully balanced herbal blends have been subjected to the modern scrutiny of clinical testing to prove their unparalleled benefits in gently addressing all health concerns. All Himalaya ProSelect® formulas are produced to pharmaceutical quality standards in state-of-the-art facilities and "fingerprinted" for consistency by the most sophisticated chromatographic quality-control techniques.

### OUR GUARANTEE

At **Himalaya USA®**, we focus on science, quality and proven performance, not on esoteric tradition or trendy supplements. Our products have been marketed worldwide for decades and are endorsed by over 200,000 health professionals. We unconditionally guarantee our "Natural Joint Support Formula" for your complete satisfaction.

*Monarch*  
ESSENTIALS

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This product and the information provided are not intended to diagnose, treat, cure,  
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