

An innovation in natural pain relief



www.narcox.com

NARCOX™ is a natural pain relief supplement with a patented Belgian biotechnology called CCE 4800.

- Curcumin absorption rate is 4,000 times more
- Anti-inflammatory supplement for joint and muscular pain
- Outstanding safety profile

A world-class product with international recognition



For more information, kindly contact:

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NARCOX™

Natural Joint Pain Relief

FREQUENTLY ASKED QUESTIONS



**NO
SIDE EFFECTS**



Patented Belgian Biotechnology



Foreword

Pain is a silent epidemic in the world. An estimated 50 million Americans live with chronic pain caused by disease or disorder. An additional 25 million people suffer acute pain resulting from surgery or accident. The most common types of pain include arthritis, lower back pain, bone/joint pain, muscle pain and fibromyalgia (*National Pain Survey, conducted for Ortho-McNeil Pharmaceutical, 1999*). The loss of productivity and daily activities due to pain is substantial. In a study done in 2000 it was reported that 36 million Americans missed work in the previous year due to pain and that 83 million indicated that pain affected their participation in various activities (*Pain in America: A Research Report, Survey conducted for Merck by the Gallup Organization, 2000*).

A study called *Chronic Pain in America: Roadblocks to Relief*, clearly demonstrated that pain has an enormous impact on an individual's quality of life. This is because pain diminishes their ability to concentrate, work, exercise, socialise, perform daily tasks and sleep well (*Chronic Pain in America: Roadblocks to Relief, survey conducted for the American Pain Society, The American Academy of Pain Medicine and Janssen Pharmaceutica, 1999*).

The good news is there's a wide array of therapeutic options available to pain patients today. They may select from Western or Chinese medicine, acupuncture, chiropractic, supplements, workouts, yoga and even psychological treatment, to name a few. But the solution

to effective pain management lies in selecting the combination of therapies that complements the patient's needs. And while each of these therapies claim to offer healing, the patient must make his choice based on thorough research to verify its effectiveness and identify the side effects. Therefore, in most cases all-natural therapies are recommended for their effectiveness as well as safety.

We are proud to present **NARCOX™**, a natural solution for joint and muscular pain caused by inflammation and swelling. **NARCOX™** contains curcumin extracted through a patented Belgian biotechnology. It is the only supplement where the curcumin is effectively absorbed into the blood stream. **NARCOX™** is a unique pain reliever which does not pose any side effects, even in the long term. It is an effective solution for those who seek to manage their pain the natural way and an alternative to all the harmful drugs and medication which can cause adverse side effects.

It is our aim that you live a better quality life through the pain-relieving benefits of **NARCOX™**. This booklet will bring you closer to it.

Best regards,
NARCOX™ Team

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A | Frequently Asked Questions about pain

1. What is the function of pain to the body?

Despite its unpleasantness, pain is an important part of human and animal existence; in fact, it is vital to survival. Pain encourages an organism to disengage from the harmful causes associated with the pain. Preliminary pain can serve to indicate that an injury is imminent, such as the ache from a soon-to-be-broken bone.

Pain may also promote the healing process, since most organisms will protect an injured region in order to avoid further pain. People born with congenital insensitivity to pain usually have short life spans, and suffer numerous ailments such as broken bones, bed sores, and chronic infections.

2. How many types of pain are there?

There are two major types of pain, nociceptive and neuropathic. Distinguishing between them is important because the causes and treatments are different. (Hallenbeck, James (2003) *Palliative Care Perspectives* New York: Oxford University Press).

3. What are the differences between Nociceptive Pain and Neuropathic Pain?

	Nociceptive Pain	Neuropathic Pain
Common names	<ul style="list-style-type: none"> •Muscle/joint pain •Musculoskeletal pain 	<ul style="list-style-type: none"> •Nerve pain
Cause	<ul style="list-style-type: none"> •Results from tissue damage 	<ul style="list-style-type: none"> •Damage to or dysfunction of nerves
Symptoms/ Sensations	<ul style="list-style-type: none"> •Sharp •Dull •Aching •Throbbing •Swelling •Muscle tenderness or cramps •Stiffness 	<ul style="list-style-type: none"> •Tingling •Pins and needles •Burning •Numbness •Stabbing •Electric shock-like or shooting •Extreme sensitivity to touches
Conditions/ Diseases	<ul style="list-style-type: none"> •Inflammation •Bone & joint disease •Osteoarthritis •Muscle sprains •Sports injuries 	<ul style="list-style-type: none"> •Diabetic neuropathy •Shingles •Carpal tunnel •Sciatica •Nerve compression
Common Treatments	<ul style="list-style-type: none"> •Medication <ul style="list-style-type: none"> - NSAIDs - Anti-inflammatory - Topical creams •Alternative therapies such as massage •Physical therapies such as stretching & exercise 	<ul style="list-style-type: none"> •Medication <ul style="list-style-type: none"> - Antidepressant - Antiepileptic •Topical creams with capsaicin •Alternative therapies such as acupuncture & nerve stimulation

(Shy ME. Peripheral neuropathies. In: Goldman L, Ausiello D, eds. *Cecil Medicine*, 23rd ed. Philadelphia, Pa: Saunders Elsevier; 2007: chap 446).

4. How does joint and muscular pain occur?

Most joint and muscular pain occurrences are caused by inflammation and swelling.

5. What causes inflammation, swelling and pain?

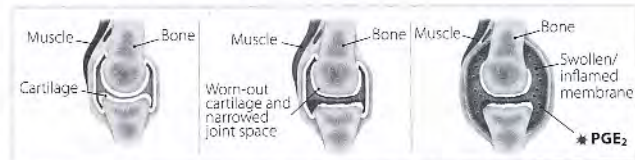
There are several causes, such as:

- Osteoarthritic conditions due to worn-out and thinned cartilage.
- Sporting activities.
- Active and strenuous lifestyles.
- Auto-immune or systemic inflammatory disorders.
- Accidents and injuries.

6. What is cartilage?

Cartilage is a tough elastic connective tissue attached to the surface of bones near the joints. Cartilage plays a very important role in providing a smooth surface and a cushioning effect to absorb impact for the movement of joints.

7. What happens if the cartilage is worn out and absorbs less impact?



Normal Joints

Arthritic Joints

Inflamed / Swollen Joints

Due to aging and wear and tear, the cartilage at the joint becomes thin and the bones will rub against each other. It also will become less absorbent to impacts caused during the movements of the joints.

Similar impacts can also be caused by strenuous actions like sports and injuries or accidents, such as a bad fall.

The friction between the two bones of the joint and inability to absorb the impact will trigger the inflammatory cells at the joint to induce COX-2.

8. What is COX-2?

COX-2 is an enzyme that is responsible for the formation of important biological compounds in our body, including PGE₂.

9. **What is the function of PGE₂ produced by COX-2?**

Upon inducement by the inflammatory cells in the joints, COX-2 will produce PGE₂ in excess or in a high quantity as a response mechanism to the friction and impact that damage the bones and tissue. Excessive PGE₂ will lead to inflammation, swelling and pain.

10. **How is joint and muscular pain diagnosed?**

There is no specific method or analysis to diagnose pain but most of the time it is identified based on symptom and experience. The first sign is pain during joint friction or muscle contraction and expansion, but that stops when you rest. Other signs are joint deformation, crepitus (the sound heard when joints rub against each other), stiffness and sprains.

11. **Can joint and muscular pain be cured permanently?**

There is no cure for joint and muscular pain and the treatment is mainly to help alleviate some of the symptoms while the condition or injuries are managed.

12. **What is the recommended management of joint and muscular pain?**

Current recommendations for the management of joint and muscular pain include a combination of non-pharmacological and pharmacological modalities.

13. **How is pain managed through pharmacological modalities?**

The pharmacological management of joint and muscular pain is dominated by non-steroidal anti-inflammatory drugs (NSAIDs) and analgesics (mainly paracetamol). These fast-acting medications and drugs can be used and are effective for acute pain and inflammatory flares.

14. **What are the side effects of pharmacological management of joint and muscular pain?**

Most pharmacological management involves the use of medication and drugs such as NSAIDs, paracetamol, ibuprofen, etc. NSAIDs will help relieve pain only as long as you continue to take them.

NSAIDs may possibly interfere with the healing of joints after an injury. Many side effects are caused by NSAIDs including toxicity to the heart, kidneys, liver, ears and stomach. NSAIDs can also

interfere with proper healing. Treatment with low-intensity pulsed ultrasound can speed up the healing of torn ligaments in the knee, while the use of NSAIDs drugs, such as aspirin and ibuprofen, have the opposite effect.

(findings from an animal study: Am J Sports Med 2006;34:362-369).

Individuals with asthma are likely to experience allergic reactions to NSAIDs. Also, a new study published in the *Journal of National Cancer Institute* (June 1, 2005, Vol. 97, No. 11: 805-812) showed that taking ibuprofen may increase a woman's chances of succumbing to breast cancer.

15. **How do NSAIDs cause the side effects mentioned above?**

Most NSAIDs relieve pain by inhibiting the activity of COX-1 and COX-2 from producing PGE₂. COX-1 is a similar enzyme to COX-2. It is important in many regulatory processes in the human body.

However, most NSAIDs fail to differentiate between the two enzymes and end up inhibiting both. A better pain relief solution is to selectively inhibit COX-2 which produces excessive PGE₂ that cause inflammation, swelling and pain. This is essential as inhibition of COX-1 will lead to serious side effects as mentioned earlier.

16. **How is pain managed through non-pharmacological modalities?**

Non-pharmacological modalities of treatment focus on information and education, as well as physical therapies like regular aerobic, muscle strengthening and range of motion exercises. Weight loss, walking aids and knee braces are also part of the therapies. Besides that there are alternative therapies such as cold therapy (using ice to treat injuries), massage and curcumin-based supplements which have anti-inflammatory properties to treat joint and muscular pain.

17. **What are the side effects of the non-pharmacological management of joint and muscular pain?**

There are no serious side effects that have been recorded over the use of non-pharmacological modalities, even in the long term. However, the management of joint and muscular pain through non-pharmacological modalities lacks clinical effectiveness data. Most of the therapies are considered slow acting, and might not be suitable to effectively relieve acute pain.

B | Frequently Asked Questions about **NARCOX™**

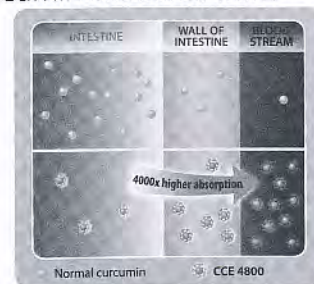
- How did **NARCOX™** get its name?**
The word **NARCOX™** is derived from the phrase “natural COX-2 inhibitor”.
- What is **NARCOX™** ?**
NARCOX™ is a natural long-term pain relief supplement with a patented Belgian biotechnology called CCE 4800.
- Who should take **NARCOX™** ?**
NARCOX™ is recommended for:
 - Arthritis sufferers.
 - Sports enthusiasts.
 - People who experience joint and muscular pain due to inflammation, swelling, injuries and accidents.
 - Those who have active lifestyles and are engaged in strenuous activities.
- Why should you take **NARCOX™** ?**
NARCOX™ is a breakthrough product and a natural pain-relief solution containing CCE 4800. **NARCOX™** is proven to offer a safe and effective relief for joint and muscular pain

caused by swelling and inflammation, without side effects.

NARCOX™ is a solution for those who suffer from severe arthritis and injuries from sports or accidents. It is an alternative for those who are taking drugs and medication for their pain but are looking for a safer solution that doesn't pose any side effects in the long run.

The amount and consumption frequency of drugs or medications that cause side effects can be reduced by complementing them with **NARCOX™**.

- What is the active ingredient in **NARCOX™** ?**
The active ingredient in **NARCOX™** is CCE 4800.
- What is CCE 4800?**
CCE stands for “Caged Curcumin Extract”. CCE 4800 contains curcumin extracted from *Curcuma longa*, commonly known as turmeric. Curcumin is one of nature's most powerful anti-inflammatory agents. By using a patented Belgian



biotechnology, the curcumin molecule is caged in a polysaccharide (natural starch) called β -cyclodextrin to increase the absorption of curcumin by 4,000 times.

7. **What is the advantage of *NARCOX™* ?**

NARCOX™ has CCE 4800 that ensures safe and effective relief for joint and muscular pain without side effects, unlike other pain relief solutions that may be ineffective and cause adverse side effects.

8. **Who developed the patented biotechnology of *NARCOX™* ?**

The breakthrough technology that is used in ***NARCOX™*** was developed and patented by the Belgian University Research and Development laboratory, *bioXtract*, in collaboration with several other prominent European universities, such as the University of Agronomical Sciences of Gembloux (Belgium), University of Liège (Belgium) and the Institute Pasteur (France). The research was led by a group of world renowned arthritis experts, including Professor Yves Henrotin.

9. **Is there international recognition for *NARCOX™* ?**

NARCOX™ complies with strict European Union Guidelines and gets its curcumin from organically cultivated turmeric plants. ***NARCOX™*** has been sold in 10 countries in Europe and North America — Belgium, England, Canada, France, Germany, Switzerland, Spain, Holland, Australia and Italy — for almost five years.

NARCOX™ also has been acknowledged by The Therapeutic Goods Association, Australia's regulatory agency for medical drugs and devices.



10. **What is the source of the V-cap shells in *NARCOX™* ?**

The V-cap shells are derived from a vegetable source.

11. **Is *NARCOX™* suitable for vegetarians?**

The ingredients in **NARCOX™** are made from plant extracts and are absolutely suitable for vegetarians.

12. **Can *NARCOX™* help treat auto-immune problems such as rheumatoid arthritis and psoriasis?**

Rheumatoid arthritis and psoriasis are serious and complicated conditions which involve severe inflammation due to an auto-immune disorder.

NARCOX™ can only help minimally in these cases as it is only able to treat the inflammation partially because the auto-immune disorder is difficult to predict and control. However, some of our customers who have rheumatoid arthritis / psoriasis have experienced some significant pain relief after taking **NARCOX™**.

13. **Can *NARCOX™* help treat spondylitis?**

Most spondylitis cases involve back pain due to inflammation, and also nerve pain due to the backbone pressing against the nerves.

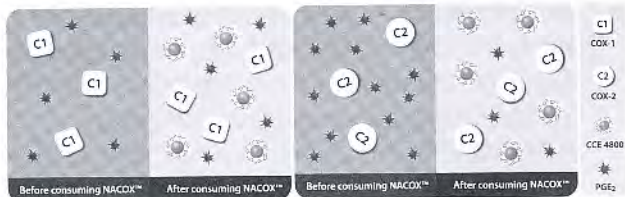
NARCOX™ can help relieve the pain partially; the nerve pain might still be present. For better results, you should take **NARCOX™** together with collagen hydrolysate to regenerate the cartilage, and preferably consult a bone physician like a chiropractor.

14. **Does *NARCOX™* have side effects?**

NARCOX™ is a natural supplement made from plants. It does not contain any artificial chemicals, drugs or suppressants. No side effects have been reported.

15. **Does *NARCOX™* inhibit COX-1 like other painkillers?**

Unlike other solutions, CCE 4800 has the ability to differentiate between COX-1 and COX-2, and selectively inhibits only COX-2 which produces excessive PGE₂. More important, CCE 4800 has a proven safety profile, with no side effects compared to other conventional painkillers.



CCE 4800 does not affect the COX-1 activity under any circumstances thus avoiding possible side effects.

CCE 4800 does not affect the basic activity of COX-2 as it only inhibits COX-2 when it is induced. This prevents possible side effects, and reduces the production of excessive PGE₂, which can cause inflammation and pain.

16. **Can *NARCOX™* be taken with other supplements or multivitamins?**
 Yes. *NARCOX™* can definitely be taken with other supplements or multivitamins.
17. **Can *NARCOX™* be taken with other medication?**
NARCOX™ is safe to be taken with any drugs or medication except Warfarin.
18. **Do I still need to take painkillers prescribed by my doctor?**
 There are no issues of *NARCOX™* being taken together with other painkillers. *NARCOX™* can be used to substitute or complement your prescribed painkillers. It is not necessary for

you to take other painkillers if you find that *NARCOX™* alone provides you sufficient pain relief. But certain individuals may need to take a small dose of painkillers with *NARCOX™* to manage their pain. This is beneficial as long term consumption of painkillers such as NSAIDs (non-steroidal anti-inflammatory drugs) can cause side effects, including strokes as well as cardiovascular and gastrointestinal problems.

(Please consult your doctor if you intend to supplement/replace your medication).

19. **If I have gastric problems, will *NARCOX™* worsen it?**
NARCOX™ will not worsen your gastric problems. In fact studies show that it has helped people with gastric ulcers within 12 weeks.
20. **What is the recommended dosage?**

Level of Pain	Qty	Frequency	Duration	Effect
Severe	1 capsule	Twice daily	Until pain is relieved	Within 2 weeks
Mild	1 capsule	Once daily	Until pain is relieved	Within 2 weeks
Maintenance/Prevention	1 capsule	Once daily	Daily basis	

♦ Maximum dosage = 2 capsules/day

♦ *NARCOX™* may cause a small degree of excess body heat, so it is important to drink sufficient water.

21. **When is the best time to take *NARCOX™* ?**

NARCOX™ should be taken, or its dosage increased, when the pain is aggravated. However, do note that ***NARCOX™*** cannot eradicate pain permanently but daily consumption can keep the pain at a minimal level.

22. **Should *NARCOX™* be taken before or after a meal?**

For a better absorption, it is advisable to take ***NARCOX™*** 30 minutes before your meal or medication. This is also to ensure that the efficacy of ***NARCOX™*** is not affected.

23. **Can children or nursing women take *NARCOX™* ?**

NARCOX™ is suitable for all ages and groups of people. However, children below 14 years old and pregnant women are not advised to take ***NARCOX™***.

24. **How long should I take *NARCOX™* before I can see results?**

The efficacy of ***NARCOX™*** varies from one individual to another and depends on the

severity of the pain. However, there should be significant pain relief within two weeks if ***NARCOX™*** is taken according to the recommended dosage.

25. **How do I determine if the pain has been reduced after taking *NARCOX™* ?**

There is no specific method to measure pain relief. Most of the time pain relief is assessed based on personal experiences. However, alleviated swelling, less irritation and increased mobility are some of the signs of the effectiveness of ***NARCOX™***.

26. **Where can I buy *NARCOX™* ?**

You can buy ***NARCOX™*** in selected pharmacies throughout Malaysia.

27. **How do I know which are the pharmacies that sells *NARCOX™* ?**

Call ***NARCOX™*** Info Centre @ 1-300-88-2700 (Toll Free) or you can also log on to www.narcox.com to find out the pharmacies that sells ***NARCOX™***.

