

Boswellia Powder

Traditional resin powder used for joint and inflammatory wellness.

Official Botanical Name: *Boswellia serrata*

Brief Description: Boswellia is traditionally used in Ayurvedic herbalism to support joint comfort and inflammatory balance.

Benefits

- Traditionally used for joint comfort
- Supports inflammatory balance
- Popular in mobility-focused wellness routines
- Rich in boswellic acid compounds

Ways to Use

- Capsules
- Smoothie blends
- Tea or tonic powders
- Joint-support formulas

Instructions

- Mix with warm water, smoothies, or capsules.
- Can be combined with turmeric or ginger.
- Use consistently for best traditional use.

Suggested Adult Use: Use according to product guidance.

Medication Warnings & Safety Notes: Use caution with blood thinners, anti-inflammatory medications, pregnancy, breastfeeding, or digestive sensitivity.

Educational use only. These statements have not been evaluated by Health Canada or the FDA. This product is not intended to diagnose, treat, cure, or prevent disease. Consult a qualified healthcare professional before using herbal products if pregnant, nursing, taking medication, or managing a medical condition.