



Evidence – Based Support  
for the Analgesic and Anti-Inflammatory Benefits of  
Ginger, Boswellia, Feverfew and Magnesium

[Ginger Powder & Extract - Clinical Trials](#)

[Boswellia Serrata Extract – Clinical Trials](#)

[Feverfew - Mechanisms of Action and Clinical Efficacy for  
Migraine Prophylaxis](#)

[Magnesium - Anti-inflammatory and Analgesic Studies](#)