

VARVIMAX™ Product Insert

DESCRIPTION

VARVIMAX™ is a medical food for the clinical dietary management of chronic pain, fatigue, and inflammatory conditions. It has been specifically designed by medical practitioners and scientists to help to restore and maintain the balance of neurotransmitters in your body. Dispense by prescription. Use under medical supervision.

VARVIMAX™ Capsule 748mg

Each vegetarian capsule contains a proprietary composition of 748mg of 5-HTP, Choline L-Bitartrate, Gamma-Aminobutyric Acid (GABA), L-Arginine HCl, L-Glutamine, L-Serine, Astaxanthin, Piperine (Black Pepper Extract 95%), Boswellia Extract (Boswellia serrata) 65% Boswellic Acid, Curcumin 95%, Docosahexaenoic acid (DHA), Eicosapentaenoic acid (EPA), Trans-Resveratrol 98% (Polygonum cuspidatum Extract (root)), Matcha Green Tea Powder, Panax Ginseng Root Powder and Vitamin B6 (Pyridoxine HCl).

INDICATIONS AND USAGE

VARVIMAX™ is indicated for the dietary management of the metabolic disorders involved in chronic pain, inflammatory conditions, and fatigue.

Intended Use

Medical foods are intended for the patient who has a limited or impaired capacity to ingest, digest, absorb, or metabolize ordinary foodstuffs or certain nutrients, or who has other special medically determined nutrient requirements, the dietary management of which cannot be achieved by the modification of the normal diet alone.

VARVIMAX™ offers a unique composition of compounds, including essential amino acids and flavonoids, which are not typically obtained through regular diet. These components provide distinct benefits for individuals seeking to address chronic pain, fatigue, or inflammatory conditions. Flavonoids, found naturally in various sources such as fruits, vegetables, cocoa, red wine, and green tea, possess remarkable anti-inflammatory properties. These organic molecules have the capacity to reduce inflammation within the body, contributing to improved overall well-being.¹ Meanwhile, essential amino acids like arginine and tryptophan play a significant role in neurotransmission, facilitating the transmission of information between cells.² As essential building blocks for neurotransmitters, these amino acids have a vital function in regulating pain and inflammation in the body. Individuals experiencing chronic pain, fatigue, or inflammatory conditions may be deficient in these essential amino acids. By addressing these deficiencies through supplementation with VARVIMAX™, individuals have the potential to restore balance and support their body's natural mechanisms for pain regulation, inflammation control, and overall health.

VARVIMAX™ is a medical food; harnessing the power of essential amino acids and flavonoids to offer a solution for those seeking relief from chronic pain, fatigue, or inflammatory conditions.

VARVIMAX™ Capsules should always be used under medical supervision.

Background

Chronic inflammatory conditions can cause significant pain and discomfort in affected individuals. Current treatments, such as nonsteroidal anti-inflammatory drugs (NSAIDs), are associated with adverse effects and do not always provide adequate relief. Therefore, there is a need for safe and effective treatments for chronic inflammation and pain in arthritis and fibromyalgia.

VARVIMAX™, a medical food that addresses the dietary deficiencies in patients with inflammatory conditions, contains a combination of herbs and natural ingredients believed to have anti-inflammatory and analgesic properties. The natural ingredients in **VARVIMAX™**, such as Astaxanthin, Curcumin, Panax Ginseng, and Matcha green tea powder, have been traditionally used in different parts of the world for their medicinal properties, and scientific studies have demonstrated their anti-inflammatory and analgesic effects. Earlier research has shown that Astaxanthin can decrease the expression of MMP induced by IL-1 β in chondrocytes and improve cartilage loss in osteoarthritis experiments.³

VARVIMAX™ INGREDIENTS

5-Hydroxytryptophan (5-HTP)

5-HTP is found in both medications and dietary supplements. It is derived from tryptophan through the action of tryptophan hydroxylase. 5-HTP plays a significant role in the development of neurological and metabolic disorders, and its conversion from tryptophan is the crucial step in the production of serotonin and melatonin.⁴

Choline L- Bitartrate

Choline L-Bitartrate is an amino acid known for its role in synthesizing acetylcholine, which acts as an anti-nociceptive agent. While no direct studies have specifically examined the effects of Choline L-Bitartrate on reducing symptoms of fibromyalgia and arthritis, research has indicated its effectiveness in alleviating pain and inflammation in various inflammatory conditions. One notable finding is that choline has a selective agonistic effect on alpha 7-type nicotinic acetylcholine receptors found in both neuronal and non-neuronal cells involved in pain signal transmission. This interaction triggers a series of reactions that result in anti-inflammatory effects. In the context of postoperative patients, a study demonstrated that choline supplementation reduced symptoms of inflammatory hyperalgesia.⁵

Gamma-Aminobutyric Acid (GABA)

GABA, an inhibitory neurotransmitter found in the central nervous system, plays a vital role in reducing the excessive activity of nerve cells. Through its ability to regulate nerve cell activity, GABA has the potential to provide symptom relief and improve the management of arthritis and fibromyalgia. Research suggests that GABA can reduce the transmission of pain signals to the brain in cases of arthritis.^{6,7}

L-Arginine

L-Arginine, an amino acid, plays a crucial role in the synthesis of Nitric oxide, a molecule involved in immune system regulation and blood vessel dilation. Numerous studies have demonstrated that L-Arginine supplementation leads to notable improvements in disease activity and a reduction in inflammatory markers in the bloodstream. In one study, researchers investigated the impact of L-Arginine supplementation in mouse models of arthritis, as well as its metabolic effects during the differentiation of osteoclasts in the presence of inflammation.⁸

L-Glutamine

L-glutamine is an amino acid that occurs naturally in the body and is classified as a non-essential amino acid. It plays a crucial role in the body's metabolism. In certain situations, L-glutamine may be utilized as a medical food supplement to assist in pain reduction. Besides its analgesic properties, it also contributes to strengthening the immune system, facilitating tissue regeneration, and improving the absorption of nutrients. Furthermore, L-glutamine is involved in the synthesis of neurotransmitters, which can influence the pathways

related to the perception of pain.⁹

L-Serine

L-serine has demonstrated potential in the treatment of various neurological conditions such as epilepsy, schizophrenia, psychosis, and Alzheimer's Disease, among others. Additionally, animal studies involving L-serine administration and human clinical trials exploring its therapeutic effects generally indicate its safety profile.¹⁰

Astaxanthin

Astaxanthin has garnered attention for its potential to alleviate pain and reduce inflammation within the body. Researchers have explored several hypotheses regarding the specific mechanisms through which astaxanthin exerts its pain-reducing effects.¹¹ One study suggests that astaxanthin diminishes inflammation and oxidative stress, both of which play a role in the development and exacerbation of chronic pain conditions such as arthritis and neuropathic pain.¹² By acting as an antioxidant and anti-inflammatory agent, astaxanthin may help reduce oxidative stress and inflammation, leading to a potential alleviation of pain.

Black Pepper (Piperine)

Black pepper, known as the "king of spices," is widely utilized for culinary purposes and holds medicinal significance in various cultures.¹³ Scientific research has shown that piperine, the compound responsible for the pungency of black pepper and long pepper, possesses stimulatory properties on the entire gastrointestinal tract, as well as the liver and pancreas. It stimulates the salivary glands, leading to increased saliva production and activation of salivary amylase. Furthermore, in the stomach, piperine promotes the secretion of gastric juices and activates histamine H2 receptors.¹⁴ Black Pepper also enhances the absorption of various supplements, like Curcumin.

Boswellia Extract

Boswellia Extract (*Boswellia serrata*) 65% Boswellic Acid has been shown to have the following benefits in chronic inflammation and pain:

- Helps to control the arthritis that occurs when cartilage wears down.
- Reduces the inflammation of the fluid-filled pads (bursae) that act as cushions for the joints.
- Suppresses joint inflammation and pain by targeting key enzymes that facilitate the release of pro-inflammatory chemicals in the joints.
- Reduces chronic inflammation in patients with ulcerative colitis.

Curcumin 95%

Curcumin is a compound that is found in turmeric. It is the active substance in Turmeric. It has been famous for its use as an antioxidant and anti-inflammatory agent. Curcumin reduces arthritis symptoms in multiple ways. Curcumin, a polyphenol compound, exhibits a multifaceted approach in targeting various signaling molecules and exerting beneficial effects at the cellular level.¹⁵ Its wide range of health benefits includes supporting inflammatory conditions,¹⁶ metabolic syndrome,¹⁷ pain management,¹⁸ as well as aiding in the management of inflammatory and degenerative eye conditions.^{19,20} While curcumin supplementation offers numerous therapeutic advantages, the primary mechanisms behind these benefits are largely attributed to its antioxidant and anti-inflammatory properties.²¹

Docosahexaenoic Acid (DHA)

DHA is an omega-3 fatty acid that can reduce the severity of Arthritis symptoms in rats with "collagen-

induced arthritis”. In addition to its anti-inflammatory effects that help to reduce joint damage and inflammation, it also improves cell function and enhances metabolism.^{22,23}

Eicosapentaenoic Acid (EPA)

EPA is an omega-3 fatty acid commonly found in oily fish such as salmon and mackerel. It has demonstrated anti-inflammatory effects, which can be beneficial in the management of arthritis. Omega-3 fatty acids, including EPA reduced pain and stiffness in individuals with Osteoarthritis.^{22,23}

Trans-Resveratrol 98% (polygonum cuspidatum extract)

Resveratrol, a natural antioxidant polyphenol, has gained significant attention in recent years and is found in red wines, grapes, and the roots of polygonum cuspidatum.^{24,25} This potent polyphenolic compound possesses various biological functions, including anti-inflammatory and antioxidant properties. Resveratrol has been found to exhibit health-enhancing properties such as protection against cardiovascular disease and inhibition of cancer, as supported by scientific research.^{26,27}

Matcha Green Tea Powder

Green tea offers various health benefits due to its natural antioxidants.²⁸ These antioxidants, known as polyphenols, make up a significant portion, approximately 30%, of the dry weight of green tea.²⁹ Polyphenols are highly potent antioxidants, comparable to vitamins C and E, carotene, and tocopherol in terms of their effects.^{30,31}

Panax Ginseng Root Powder

Ginsenosides, found in Panax Ginseng, exhibit a wide range of therapeutic benefits, such as antioxidant properties, anti-inflammatory effects, vasorelaxation, anti-allergic actions, antidiabetic effects, and anticancer activity. Currently, around 40 distinct ginsenoside compounds have been documented.³²

Vitamin B6

Vitamin B6 has been observed to enhance the resilience of the nervous system in individuals experiencing chronic pain, resulting in pain reduction. Research studies have indicated that vitamin B6 can partially alleviate thalamic-evoked nociceptive burst discharge and provide relief from mechanical allodynia in diabetic rats.³³

VARVIMAX™ is formulated with a carefully balanced blend of ingredients that are specifically combined to address the dietary management of metabolic disorders associated with chronic pain, inflammatory conditions, and fatigue.

CONTRAINDICATIONS

VARVIMAX™ is contraindicated in patients with known hypersensitivity to any of the ingredients mentioned in the product.

Do not take **VARVIMAX™** if pregnant.

VARVIMAX™ is contraindicated in patients suffering from severe chronic pain or chest pain while resting.

PRECAUTIONS

- Patients with an active bleeding ulcer should avoid fish oil or other products that are known to thin the blood.
- In the case of dehydration, severe illness, or diarrhea, VARVIMAX™ is not recommended.
- If the patient suffers from a serious allergic reaction to any vegetarian ingredient such as 5-HTP (Griffonia Seed Extract), Black Pepper Extract, Panax Ginseng Root Powder or Matcha Green Tea Leaf Powder or suffers from skin reactions to any of the ingredients, VARVIMAX™ capsules are not recommended.
- If the patient has any symptoms of infection or severe inflammation, i.e. fever or malaise, they should stop VARVIMAX and consult their physician.
- The consumption of alcohol may increase hypersensitivity to the VARVIMAX™ medical food.
- VARVIMAX™ is not recommended for children under 18 years old.

INTERACTIONS WITH DRUGS

While we can provide information on potential interactions for substances used in VARVIMAX™, it is important to note that the interactions between multiple drugs and herbal extracts can be complex and vary depending on individual factors. Individual responses to drug interactions can vary. Additionally, the available evidence on specific interactions for these combinations is limited. It's crucial to consult with a healthcare professional before combining multiple drugs or herbal extracts. Here is some information on interactions with other drugs.

Anti-depressant medications

Selective Serotonin Reuptake Inhibitors (SSRIs) are a class of antidepressant medications that work by increasing serotonin levels in the brain. Combining 5-HTP (Constituent of VARVIMAX™) with SSRIs may increase the risk of serotonin syndrome, a potentially serious condition characterized by symptoms such as agitation, rapid heartbeat, confusion, and high body temperature. It is generally recommended to avoid combining 5-HTP with SSRIs due to this risk.^{34,35}

Panax ginseng, found in VARVIMAX™ capsules, may decrease the effectiveness of warfarin (Coumadin). When Panax ginseng is used together with the monoamine oxidase inhibitor phenelzine (Nardil), it could result in manic-like symptoms.^{36,37}

Anticoagulant / Antiplatelet Drugs

VARVIMAX™ ingredients Astaxanthin³⁸ and Curcumin 95% both have mild anticoagulant properties, which means they can potentially enhance the effects of drugs that also have anticoagulant or antiplatelet properties, such as aspirin, warfarin, clopidogrel, and heparin. This could increase the risk of bleeding, so individuals should exercise caution when using astaxanthin or Curcumin 95% or consider adjusting their dosage. Therefore, it is important to be aware of the potential risk of bleeding complications when VARVIMAX™ is taken concurrently with antiplatelet and anticoagulant drugs.

Gamma Aminobutyric Acid (GABA)

GABA may interact with antihypertensive medicines, such as propranolol, metoprolol, etc. GABA has been reported to cause a BP decrease of approximately 10%, but the effect was transient, with BP returning to baseline within a few days after stopping the GABA.³⁹

INGREDIENT SAFETY PROFILE

Choline Bitartrate (99%) **DAILY DOSE IN VARVIMAX: < 300 MG**

Studies on toxicity and safety show that 12,000 mg of choline administration do not produce any unwanted effects. However, a dose higher than 25,000 mg can induce gastrointestinal symptoms, including nausea, appetite loss, vomiting, and diarrhea.¹

5-HTP (From Griffonia Seed Extract) 99% **DAILY DOSE IN VARVIMAX: < 200 MG**

It is reported that large doses of 6000-10,000 mg of 5-HTP possibly cause unwanted side effects.² The dose-dependent side effects reported in medical research studies include nausea, stomach pain, drowsiness, heartburn, vomiting, and psychological signs. **5-HTP should not be used with antidepressants such as SSRIs and monoamine oxidase inhibitors (MAOIs) because of its known potential to cause serotonin syndrome. Co-administration of sertraline with serotonin precursors (e.g., 5-HTP) found in dietary supplements is not recommended.**³

L- Arginine (As HCL) 83% **DAILY DOSE IN VARVIMAX: < 500 MG**

9000 mg of L-Arginine is considered a safe upper limit on an empty stomach. A dose larger than 9000 mg of L-arginine may cause nausea, diarrhea, abdominal pain, and bloating.^{4,5}

Taking L-arginine at higher doses along with medications that also slow blood clotting may increase the risk of bruising and bleeding.

Gamma-Aminobutyric Acid (GABA) 99% **DAILY DOSE IN VARVIMAX: < 200 MG**

Three short-duration clinical studies (a one-time 5000 mg dose, 18,000 mg for 4 days, and 5000 mg or 10,000 mg daily for 5 days) administered up to 18,000 mg of GABA, and in all three studies, only a few participants reported a slight burning sensation in the throat immediately after taking GABA which ceased shortly thereafter.⁶ **GABA may interact with antihypertensive medicines, such as propranolol, metoprolol, etc. GABA has been reported to cause a BP decrease of approximately 10%, but the effect was transient, with BP returning to baseline within a few days after stopping the GABA**⁷.

L-Glutamine **DAILY DOSE IN VARVIMAX: < 100 MG**

Based on research studies, a dose of up to 14,000 mg of L-glutamine per day is considered safe and tolerable, with no side effects reported⁸

L-Serine **DAILY DOSE IN VARVIMAX: < 50 MG**

Safety and neuroprotective studies show L-Serine to be safe at a daily dose of 30,000 mg/day⁹.

Curcumin **DAILY DOSE IN VARVIMAX: < 500MG**

Generally well tolerated; a dose greater than 6000 mg per day may cause flatulence and stool yellowing¹⁰

Antiplatelet effects of curcumin have also been described. This is a potential concern for patients who are taking any medicine(s) that can affect bleeding (eg, antiplatelets, anticoagulants, non-steroidal anti-inflammatory drugs or selective serotonin reuptake inhibitors). Concurrent use of turmeric/curcumin containing natural health products with these medicines may result in prolonged bleeding times and should be avoided. ¹¹

Matcha Green Tea Leaf Powder **DAILY DOSE IN VARVIMAX: < 400MG**

A single 1200mg to 1600mg dose of EGCG extract obtained from green tea is tolerable and does not cause significant adverse effects¹²

Black-Pepper (95% Piperine) **DAILY DOSE IN VARVIMAX: <11MG**

The pharmacokinetic interactions of piperine with various chemically and pharmacologically diverse drugs have been observed in both human and animal studies. In most instances, interactions of piperine with drugs resulted in a better bioavailability of the investigated drugs, exemplified by increases in the maximum plasma/serum concentrations (C_{max}) and/or increased AUC values (AUC = area under the curve) for the respective drugs. These effects are in line with the purported “bio-enhancing” activity of piperine. In the cases involving administration of 20 mg of piperine/day, the increases in the drug C_{max} and AUC values were approximately 1.07- to 2.2-fold (C_{max}) and 1.09- to 2.7-fold (AUC values), depending on the drug and drug dosage. ¹³

Boswellia Extract (Serrata) **DAILY DOSE IN VARVIMAX: <200 MG**

Boswellia serrata extract has been used safely in doses up to 1000 mg daily for up to 6 months.

Use cautiously in patients with pre-existing gastritis or gastroesophageal reflux disease (GERD), since reflux and epigastric pain have been associated with the use of boswellia.

Non-Steroidal Anti-Inflammatory Agents (NSAIDs), COX-2 Inhibitors: In the treatment of arthritic conditions, the purported mechanism of boswellia’s activity is reduction of glycosaminoglycan (GAG) degradation, based on rat studies; this potentially beneficial mechanism may theoretically be disrupted by concomitant use of NSAIDs ¹⁴

Resveratrol (Grape Seed Extract) **DAILY DOSE IN VARVIMAX: < 300 MG**

Studies on the safety of grape seed extract reported that a dose of 200-400mg Grape Seed Extract showed no signs of toxicity or adverse effects. ¹⁵

Panax Ginseng Root Powder **DAILY DOSE IN VARVIMAX: <200 MG**

A dose of 200 to 400mg ginseng extract per day is considered a safe and recommended amount for the health benefits of Panax ginseng. In a safety study with a 4-week intervention using 1 or 2 g of 20% ethanol ginseng extract of *Panax ginseng*, the four most frequently reported adverse events were dyspepsia, hot flushes, insomnia and constipation. However, there were no differences compared with the placebo group and no changes in hematologic and biochemical markers. ¹⁶

Vitamin B6 (Pyridoxine HCL) DAILY DOSE IN VARVIMAX: < 2 MG

Safety studies on Vitamin B6 reported neuropathy at a highly toxic dose of 1g/day or more; however, 100mg daily for 3-4 weeks showed no signs of adverse effects¹⁷.

Astaxanthin DAILY DOSE IN VARIVIMAX: <15 MG

Research has so far reported no significant side effects of astaxanthin consumption in animals and humans.¹⁸

One case report of interaction between warfarin and astaxanthin has been identified, and the warnings of concomitant use have been mentioned in some articles. Patients who take other drugs that may also affect bleeding including anticoagulants should use astaxanthin with caution or make dosage adjustments.¹⁹

EPA (Eicosapentaenoic acid) DAILY DOSE IN VARVIMAX: <350 MG

EPA and DHA are considered generally safe. The FDA recommends that daily intake not exceed 3 g/day of EPA and DHA combined, with no more than 2 g/day deriving from supplements. While EPA has been proven to provide cardioprotective benefits, in randomized studies of high-dose n3-FA supplementation, excess bleeding has been reported: JELIS (Japan EPA Lipid Intervention Study)²⁰

DHA (Docosahexaenoic acid) DAILY DOSE IN VARVIMAX: <250 mg

See EPA above.

DOSAGE AND ADMINISTRATION

The recommended dose is up to four (4) capsules of VARVIMAX™ daily, with or without meals. VARVIMAX™ can be taken all at once, or two (2) capsules in the morning and two (2) capsules in the afternoon. If you miss a dose, take it as soon as you remember. If you do not remember until it is time for your next dose, skip the missed dose and go back to your regular schedule. Do not double your next dose or take more VARVIMAX™ than prescribed. Capsules should be swallowed whole and not crushed or chewed. As with any medication, we strongly recommend taking VARVIMAX™ under medical supervision.

HOW SUPPLIED

VARVIMAX™ is supplied in clear vegetarian capsules in bottles of 120 capsules. NDC 86000-37246-37

STORAGE

Keep tightly closed in a cool dry place 45°F to 90°F (08°C to 32°C). Protect from light and moisture. VARVIMAX™ is supplied in a recyclable plastic bottle with a child-resistant cap. Varvimax™ is available as a transparent oval vegetarian capsule, with pale yellowish powder content. Commercial product is supplied in bottles of one hundred twenty (120) capsules, a 30-day supply.

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Manufactured for:
LANFAM, LLC.
Fort Lauderdale, FL 33308
Made in USA

PACKAGE LABEL.PRINCIPAL DISPLAY PANEL

LANFAM

86000-37246-37

VARVIMAX™

Medical Food, 120 capsules

Description:

Each clear vegetarian VARVIMAX™ capsule contains 748mg of:

5-HTP
Choline L-Bitartrate
Gamma-Aminobutyric Acid (GABA)
L-Arginine HCl
L-Glutamine
L-Serine
Astaxanthin
Piperine - Black Pepper Extract 95%
Boswellia Extract (Boswellia serrata) 65% Boswellic Acid
Curcumin 95%
Docosahexaenoic acid (DHA)
Eicosapentaenoic acid (EPA)
Trans-Resveratrol 98% (Polygonum cuspidatum Extract (root))
Matcha Green Tea Powder
Panax Ginseng Root Powder
Vitamin B6 (Pyridoxine HCl)

DOSAGE AND ADMINISTRATION

The recommended dose is four capsules daily. VARVIMAX™ can be taken all at once, or two (2) capsules in the morning and two (2) capsules in the afternoon or as directed by a licensed medical practitioner.

STORAGE

Store in a controlled room of 45°F to 90°F (08°C to 32°C).

INGREDIENTS:

Choline L -Bitartrate, Curcumin 95%, Trans - Resveratrol 98% (Polygonum cuspidatum Extract (root)), 5 - HTP (from Griffonia Seed Extract) 99%, L - Glutamine, L -Arginine HCl, L -Serine, Astaxanthin, Black Pepper Extract 95%, Gamma -Aminobutyric Acid (GABA), Boswellia Extract (Boswellia serrata)65% Boswellic Acid, Docosahexaenoic acid (DHA)/ Eicosapentaenoic acid (EPA), Matcha Green Tea Leaf Powder, Panax Ginseng Root Powder.

USE

VARVIMAX™ This medical food is dispensed by prescription for dietary management of chronic pain, fatigue, and inflammatory conditions. It has been specifically designed by medical practitioners and scientists to help to restore and maintain the balance of neurotransmitters in your body.

Use under medical supervision.
Dispense in a tight, light-resistant container.

KEEP OUT OF REACH OF CHILDREN.

DIRECTIONS FOR USE:

FOR ADULTS ONLY: As a Medical Food, take up to 4 capsules daily, or as directed by your physician. VarviMax™ can be taken with or without food.

NOTICE: THIS PRODUCT IS TO BE USED UNDER THE DIRECT SUPERVISION OF A PHYSICIAN OR OTHER LICENSED HEALTHCARE PRACTITIONER.

For the dietary management of chronic pain, inflammatory disorders, and fatigue.

STORAGE: Keep tightly closed in a cool dry area 45°-90 °F (8-32 °C).

WARNING: Keep this product out of the reach of children. Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery. Keep out of reach of children.

CONTAINS NO ARTIFICIAL COLORS OR FLAVORS, NO WHEAT, NO GLUTEN, NO SOY, NO DAIRY, YEAST FREE



VARVIMAX™

86000-37246-37

MEDICAL FOOD
FOR THE DIETARY MANAGEMENT OF:
PAIN DISORDERS
INFLAMMATORY CONDITIONS
AND FATIGUE

120 CAPSULES

748 MG / CAPSULE

Supplement Facts

Serving Size: 4 Capsules (2994mg)
Servings Per Container: 30

Amount Per Serving	% DV
Vitamin B6 (as Pyridoxine HCl) 1.7mg	100%*

Proprietary Blend	2994mg	†
Choline L-Bitartrate, Curcumin 95%, Trans-Resveratrol 98% (Polygonum cuspidatum Extract (root)), 5-HTP (from Griffonia Seed Extract) 99%, L-Glutamine, L-Arginine HCl, L-Serine, Astaxanthin, Black Pepper Extract 95%, Gamma-Aminobutyric Acid (GABA), Boswellia Extract (Boswellia serrata) 65% Boswellic Acid, Docosahexaenoic acid (DHA)/ Eicosapentaenoic acid (EPA), Matcha Green Tea Leaf Powder, Panax Ginseng Root Powder		

*Percent Daily Values (DV) are based on a 2,000-calorie diet.

†Daily Value (DV) not established.

Other Ingredients: Dicalcium Phosphate, Microcrystalline Cellulose, Stearic Acid, Croscarmellose Sodium, Silicon Dioxide, Magnesium Stearate.

MANUFACTURED FOR:
LANFAM LLC
Fort Lauderdale, FL 33308



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VARVIMAX™

Clear Vegetarian Capsules

Product Information

Product Type	MEDICAL FOOD	Item Code (Source)	86000-37246-37
Route of Administration	ORAL		

Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
5 -HTP (from Griffonia Seed Extract) 99%	AMINO ACID	
CHOLINE L- BITARTRATE	AMINO ACID	
GAMMA – AMINO BUTYRIC ACID (GABA)	AMINO ACID	
L -ARGININE HCl	AMINO ACID	
L - GLUTAMINE	AMINO ACID	
L-SERINE	AMINO ACID	
ASTAXANTHIN	SUPPLEMENT	
BLACK PEPPER EXTRACT 95%	SUPPLEMENT	
BOSWELLIA EXTRACT (Boswellia Serrata)65% Boswellic Acid	SUPPLEMENT	
CURRUMIN 95%	SUPPLEMENT	
DOCOSAHEXAENOIC ACID (DHA)	SUPPLEMENT	
EICOSAPENTAENOIC ACID (EPA)	SUPPLEMENT	
TRANS-RESERATROL 98% (Polygonum cuspidatum Extract (root))	SUPPLEMENT	
MATACHA GREEN TEA POWDER	SUPPLEMENT	
PANAX GINSENG ROOT POWDER	SUPPLEMENT	
VITAMIN B6 (Pyridoxine HCl)	VITAMIN	

Inactive Ingredients

Ingredient Name	Strength
MISROCRYSTALLINE CELLULOSE	
STEARIC ACID	
DICALCIUM PHOSPHATE	
CROSCARMELLOSE SODIUM	
MAGNESIUM STEARATE	
SILICON DIOXIDE	
PHARMACEUTIC GLAZE	

Product Characteristics

Color	PALE YELLOWISH	Score	no score
Shape	VEGERTARIAN	Size	00
Flavor		Imprint Code	
Contains			

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	86000-37246-37	120 in 1 BOTTLE		

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
MEDICAL FOOD			

Labeler - LANFAM LLC

Revised: 5/2023

Lanfam LLC