



Frankincense (*Boswellia carteri*) 1st Grade Boswellic Acid Extract Powder: A One-Month Clinical Trial Study.

Dutch Essentials and RBK Aromatherapy LLC conducted a study involving participants to evaluate the potential benefits of Boswellic Acid Extract Powder (AKBA) derived from Frankincense *Boswellia carteri* resin in addressing various diseases and chronic pain conditions.

****Abstract:****

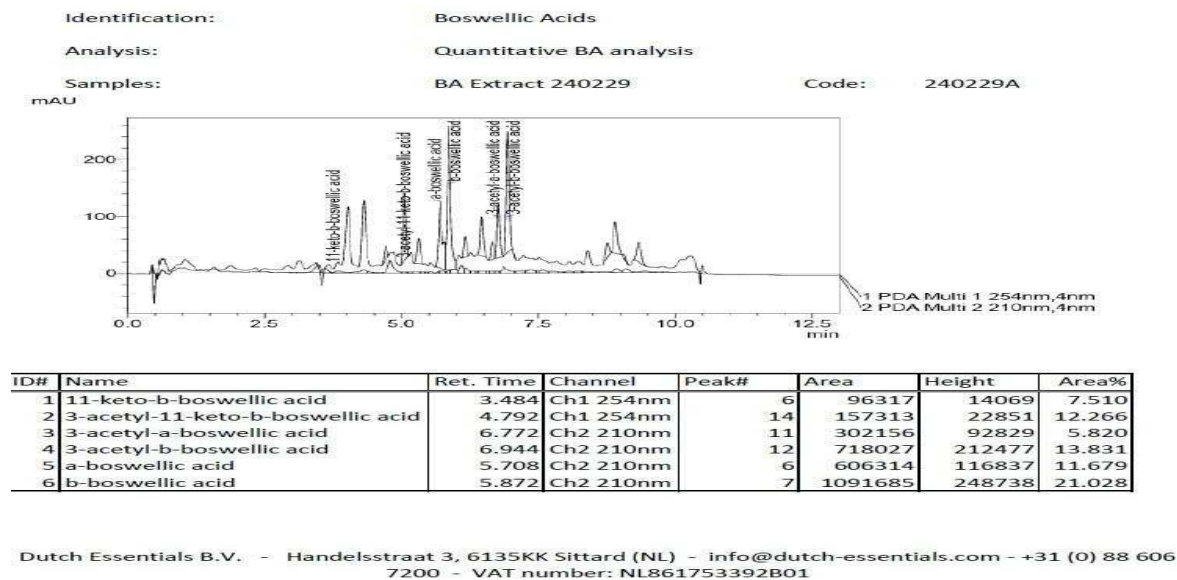
The *Boswellia carteri* 1st grade Boswellic Acid Extract Powder is derived from the biomass remaining after the distillation of the resin. The Boswellic Acid, a chemical compound, does not pass through the distillation process as the molecule is too large to pass through the distillation and is exclusively found in this biomass. The biomass undergoes a drying process to eliminate moisture and is then ground into a fine powder using a specialized mesh grinding machine.

The raw biomass powder has been analyzed and contains 35% Boswellic Acid, total (AKBA), which constitutes the total percentage of Boswellic Acid present in the biomass.

We conducted clinical analysis on the biomass using an organic ethanol solvent and, through a proprietary protocol formula, successfully extracted 70-75% AKBA, verified by high-performance liquid chromatography (HPLC). (Test results available upon request.)

The Boswellic Acid Powder (BA) includes beta-boswellic acids, keto-beta Boswellic acids, and the highly sought-after 3-acetyl-11-keto-beta Boswellic acids, which collectively account for the total AKBA content.

An example of a test conducted on the raw powder using the organic ethanol solvent indicates a total Ba of 71.134 in the final column of the results. Adding up the last column gives you the total AKBA.



****Purpose:****

Boswellic Acid, the primary active compound in the powder, is currently under investigation for its potential to combat various cancers, including skin and tumors. While limited research has been conducted on human subjects, this study aims to evaluate its efficacy in humans.

****Relevant Studies:****

1. Anti-inflammatory and anti-cancer activities of frankincense: Targets, treatments, and toxicities
 [PubMed Link](<https://pubmed.ncbi.nlm.nih.gov/32027979/>)
2. Acetyl-11-keto- β -boswellic Acid Inhibits Precancerous Breast Lesion
 [PubMed Link](<https://pubmed.ncbi.nlm.nih.gov/32273767/>)

****Methodology: ****

The BA Extract Powder was initially tested in formulations of fractionated coconut oil and jojoba oil. A total of 20 participants were divided into two groups, receiving either 35% or 70% BA. Both concentrations demonstrated significant efficacy in alleviating muscle and joint pain. The 35% formulation provided relief for approximately 2 hours, necessitating reapplication, while the 70% formulation extended relief for about 5-6 hours before reapplication was required. Additionally, both formulations showed positive effects on individuals with dermatitis, eczema, sinus issues, dark spots, wrinkles, and fibromyalgia, as reported through participant feedback. No adverse effects were noted from topical application.

To further investigate, we had the BA Powder capsulized for internal consumption. We recruited 30 human test subjects, all of whom completed an intake form and signed a disclaimer. Participants tracked their results over a one-month period. Each subject 60-450 mg in a capsule, composed of a ratio of 1:9, with 1-part Organic Black Pepper Extract Powder and 9 parts BA Powder, encapsulated in a 00-vegetable capsule. The inclusion of Black Pepper Extract Powder enhances the liver's ability to metabolize BA, ensuring optimal absorption.

Participants were instructed to take one capsule daily (preferable in the morning) with a meal and a large glass of warm water, as BA Powder's sticky nature can hinder proper ingestion with chilly water, while hot water may compromise the capsule integrity. They could take an additional capsule in the evening if needed. The age range of participants was 40-75 years, with minimal side effects reported. Notably, only 1% of the 15 testers who consumed the 70% formulation experienced mild gas pains, which subsided after one week of the protocol.

At the conclusion of the month-long study, it was observed that 70% powder maintained its potency for 6-7 hours, depending on the specific ailment. The study was conducted over one month to assess the capsules' effectiveness, which was confirmed. Consequently, the decision was made to proceed with the 70% BA formulation due to its superior lasting effects.

****Testimonials: ****

We are including testimonials from participants who utilized the 70% capsules, as they demonstrated the most significant effectiveness. While the 35% formulation also yielded positive results, the 70% capsules outperformed based on the data collected. All participants diligently recorded their results daily throughout the month.

The study evaluated the impact of various conditions, including muscle and joint pain, fibromyalgia, arthritis, sinus issues, asthma, and skin conditions, with some participants also assessing symptoms of IBS (Irritable Bowel Syndrome) received positive results. Due to HIPAA regulations, the identity of the participants is not disclosed; however, all documentation and testimonials are securely maintained in our files.

****Results****

1. Tested for Skin Conditions, and Stiffness in joints and muscles:

“Overall, I feel like taking the capsules was helpful at reducing the severity, frequency, and duration of my dyshidrotic eczema outbreaks. I have been really

pleased with the results. While I did have some very itchy periods, the bursts of itchiness weren't bad and didn't last too long compared to my normal outbreaks. Those itchy periods are usually more frequent and last longer.”

JD

2. “I have hip, back, and shoulder pain. I get muscle/joint stretching weekly. I also get weekly spinal adjustments. I do yoga and use an inversion table for decompression. There’s always a nagging, dull, tight kind of pain. I also have eczema, Patches present on my ankles, behind my knees, and elbows.

Week 3: This is where/when the magic happens!

No pain 30 minutes! And this is chronic back, shoulder, and hip pain. Patches of eczema are no longer inflamed. This study didn’t mention IBS...but, the capsules are helping with frequency, inflammation, and looseness of stool. I feared it would be the opposite and cause a flare. It seems to be reducing systemic inflammation, thereby reducing bowel movements and pain during bowel movements

Week 4: Again, I know the study is not for IBS. I just can’t believe how much it is helping. Eczema/dermatitis patches are now flat, and dark blemishes. No longer raised and inflamed or itchy. I do believe topical BA whilst taking PO BA may have helped more for the eczema. Pain is gone!! I wake up with regular stiffness but nowhere near the pain I’m used to experiencing.

Pain is gone! It almost works like Tylenol, you can feel it when it starts to work. No pain, eczema improved, will Probably need more than a month of treatment. IBS almost feels like it’s gone. This will also need more than a month of treatment.”

I feel that the product was very helpful in remedying pain and flexibility in my fingers, which are my primary concerns. I will continue taking the product until

“I feel that they were beneficial for both my asthma and arthritis. My intestinal issues finally settled down, my asthma was quite good during most of the time I was taking the pills, except for one or two bad days when the Santana winds blew in from the desert bringing a lot of pollen grasses and dust.”

PP

3. “From the onset of taking the capsules I noticed the analgesic effects beginning in a subtle manner. The pills were not hard to take, and I had no real ill effects at all even though I had read I might have nausea. There were actually no adverse side effects noted. After not having taken the capsules for over a month now the pain in my foot and in my lower back has returned gradually. I am sure the capsules worked. They did not take effect immediately, but I feel the analgesic effects did linger for a few weeks after finishing the capsules. I was pleased”.

MC

4. “I have been studying frankincense and using extracts of it for many years, and Robins AKBA capsules are by far the most effective I have ever tried! This AKB A formula has reduced my overall pain significantly and is what I always wanted out of other anti-inflammatory supplements like turmeric or CBD, and more than replaces NSAIDs and Tylenol for me.

I almost want to add something mentioning that ‘From all the cheap to expensive formulations and extracts I have tried; these capsules remain significantly more effective than the rest’. But I

kinda already say that is less words, and I want to 'set the hook' for them to be interested in learning more instead of boring them!

Part of what has healed me over is I have been trying Doterras new Frankincense 'boswellic acid complex' capsules, that a client gifted to me. While they are better than nothing, they are nothing compared to your 70% capsules with black pepper! (Also, not cheap I imagine... I am personally not a big fan of doterras pyramid scheme/mlm pricing. In addition to that they are only using 65mg of sacra oil extract mixed with EVOO and essential oil from sacra, and 37mg of powdered 'beads' of serrata AKBA extract. as there's hardly any AKBA in it even compared to the 35% capsules you'll offer)."

ZJ

- 5 "As a clinical aromatherapist, I decided to trial Boswellic Acid capsules over a 30-day period to address ongoing muscular pain. Initially, there was no significant change, but after adjusting the dosage in the first week, I began to notice gradual improvements. By day 10, there was a measurable reduction in pain intensity, and activities such as stretching and sleeping became more comfortable. Over the course of the month, the pain continued to decrease steadily, accompanied by improved mobility and a noticeable sense of balance and ease. Based on this experience, Boswellic Acid provides valuable support in managing inflammation and muscular discomfort."

VJM

6. "This is not traditional medicine, where you take a pill and see instant results within 24–48 hours. As with any alternative therapy, it takes time before you notice any changes. For me, it took approximately 10 days before I felt any difference in my body. Around the eleventh day, I noticed a bit more flexibility in my left thumb. I was diagnosed with arthritis in this thumb years ago, and at times, the discomfort feels like a constant gnawing pain that makes me want to scream. The loss of flexibility is irritating and painful when attempting to use the thumb, especially when typing, cutting up vegetables, putting on jewelry, or snapping your fingers to a good piece of music, it makes you feel helpless.

Eventually, the discomfort became mild and almost unnoticeable, a return to normal, to say the least. I hope additional scientific studies are conducted on BA 70%, especially in the USA, where there is a heavy reliance on medication.

As a second benefit, I noticed that the skin on my body was not as dry, and the skin on my face looked a bit brighter".

VP

7. "Robin reached out and asked if I wanted to do a trial of her supplement BA powder. I said sure, not realizing how great it would be!! Started taking one tab a day then went to 2. When I was using the one, I had some relief from my fibromyalgia and gut issues. When I started taking the 2 my fibromyalgia pain was gone for most of the day and slight issues in the evening. I dealt with a lot of things and this supplement made it to where I could function and feel like a new person. It worked so well I bought 4 pounds of the powder and now make my own. While using the caps it was the best I have felt in a very long time."

PS

8. “I recently engaged in a 4-week case study using Boswellic acid capsules from Robin Kessler, and I must say, the experience was truly remarkable. Taking one capsule each day greatly reduced the pain and pressure in my sinuses, providing much-needed relief. Although taking two capsules amplified the benefits, it was a bit harsh on my digestion, prompting me to return to a single dose. Nonetheless, the overall impact was tremendously positive, and I am thankful for the natural relief it offered. I highly recommend these capsules to anyone in search of an effective, natural solution for sinus pressure and look forward to using them again in the future if necessary”.

RM

9. I have had stenosis and 5 herniated disks for over 15 years. I have tried acupuncture, chiropractic methods and physical therapy over the years including CBD and nothing completely takes the pain away in my back and legs. I am still doing all the above, but it seemed to be not enough. I decided to do the study and to my surprise the pain in my back became duller and duller. I started with 1-70% capsule during the day, I took it in the morning with breakfast and it lasted about 6 hours way better than taking aspirin with no side effects. I did find I needed another one in the evening hours so when it wore off, I took another 70% capsule. This allowed me to sleep through the night with no pain. I am waiting to be able to get more of the capsules so I can feel better again.”

DK

10. “I had back surgery and I started the capsules 1x a day a week after the surgery. I was on pain killer meds, but I only needed them for another week since the capsules started to kick in and found I did not need the pain meds anymore. I used the capsules for one month for the testing and found I was in so much less pain. It really helped with the inflammation, and I found I was healing much faster”.

RK

^Conclusion: **

These studies represent a preliminary step in our research, and to date, we appear to be in a very limited group evaluating the apparent aid to people suffering with tested ailments. While further detailed studies are necessary, our findings indicate that the capsules containing Frankincense *Boswellia carteri* Boswellic Acid Extract Powder demonstrate efficiency in alleviating inflammation both internally and topically.