

## 5-Loxin (*Boswellia serrata*) for brain inflammation

### Overview

The supplement **5-Loxin (*Boswellia serrata*)** is an extract of Indian frankincense. 5-Loxin reduces inflammation in patients following radiosurgery for brain tumors. It is easy-to-use and well tolerated by patients. It does not require a prescription.

### What causes brain inflammation?

The side effects of radiation therapy vary. General side effects may include:

- **Swelling (edema):** Radiation causes tumor cells to die. The body's natural response to cell death or injury is swelling. Edema is extra fluid, or swelling, within the tissues of the brain. Brain swelling can cause headaches, weakness, seizures, confusion, or speech difficulty.
- **Radiation necrosis:** Radiosurgery may cause the center of a tumor to become necrotic (dead). Radiation necrosis can happen anytime, but it most often occurs 6 to 12 months after radiosurgery. The dying tissue can become toxic to surrounding normal tissue, and swelling may occur.

### Dosage

The recommended dosage is **150 mg (2 capsules)**, taken twice daily with a fatty snack, such as cheese or peanut butter. The fatty snack enhances absorption.

### Where to purchase

To purchase 5-Loxin *Boswellia serrata* extract:

- Go to [www.vitacost.com](http://www.vitacost.com)
- Search for 5-Loxin 150 mg

Below is a direct link to the product:

<https://www.vitacost.com/vitacost-synergy-5-loxin-akba-boswellia-extract>



### Sources

1. Warnick RE. Treatment of adverse radiation effects with *Boswellia serrata* after failure of pentoxifylline and vitamin E: illustrative cases. J Neurosurg Case Lessons Jan 30;5(5):CASE22488, 2023. <https://doi.org/10.3171/CASE22488>



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