



Amlexanox

Anti-Inflammatory

What is Amlexanox?

Amlexanox (ALX) has anti-inflammatory and anti-allergic properties and has been used for the treatment of several diseases, such as aphthous ulcers and asthma. Recent studies have shown that ALX can suppress chronic inflammation in type II diabetes, non-alcoholic fatty liver and obesity-related metabolic dysfunction.

Key Areas of Concern

- **Constant State of Inflammation:** Inflammation is a necessary part of the immune system's response to injury and infection. It is the body's way of signaling the immune system to start the healing and repair process.
- **When Inflammation becomes harmful:** However, if the inflammatory process goes on for too long or happens in organs where it is not needed (such as the lungs), it can become problematic to health.
- **Fat Oxidation is not operating optimally:** Fat Oxidation is the process by which the body breaks down fats (triglycerides) into smaller molecules, which can then be used as source of energy.

Reasons Why Your Provider May Be Recommending Amlexanox

Immune dysregulation (Inflammatory condition)

- Anti-inflammatory mediator & anti-histamine
- Improves immune function & inflammatory signaling

Weight Loss (Fat Oxidation)

- Improves insulin resistance & sensitivity
- Improves immune function & inflammatory signaling
- Shown to treat & reverse the progression of fatty liver disease

How to Take Amlexanox and What to Expect

- Amlexanox is generally administered as an oral 40mg capsule.
- Recommended dosing schedule: 1 capsule 2-3x daily, 30 minutes before a meal
- Amlexanox is generally tolerated quite well. However, if side effects do occur, nausea and diarrhea are the most common.
- Contact your provider if side effects occur and they will provide you with further direction