



**FOR IMMEDIATE RELEASE**

## **Stop Letting Pain Call The Shots: Introducing Pain Punch, the Bold Solution for Inflammation**

*Developed by Dr. Andrew Hyman, using the power of turmeric and omega-3, Pain Punch is the no-nonsense, natural daily inflammation fighter you've been waiting for, offering pain relief, recovery, and support for healthy aging*

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**TORONTO, March 13, 2025:** [Pain Punch](#) is here to serve up a one-two punch against pain and inflammation with a bold, natural solution that is both effective and tasty. Created by **Andrew Hyman, MD, FRCP(c)**, Pain Punch is a fast-acting, physician-formulated, liquid Natural Health Product (NHP) offering a clean and natural alternative to traditional pain medications. It's scientifically backed for both acute and chronic pain relief, workout recovery and healthy aging.

The secret sauce? Pain Punch's powerful inflammation-fighting properties come from **Omega-T** - a patented, bioavailable formulation of turmeric and vegetarian Omega-3 (algae oil). This formula is further enhanced with essential amino acids and vitamins, delivering a highly effective, ready-to-drink solution. Unlike other turmeric wellness drinks and shots, **Pain Punch** boasts a naturally derived, retro orange-vanilla flavour that makes wellness taste as good as it feels. For those looking for an extra boost, **Pain Punch Plus** offers the same inflammation-fighting benefits with the addition of **100mg of natural caffeine**.

*"As a doctor and a person who is personally affected by pain, I wanted to create something that works fast, is easy to take, and doesn't come with a list of risks," said **Dr. Andrew Hyman**. "Although I formulated Pain Punch based on my own experience with pain, since launching the product, I realized there are so many other uses for it. As an effective anti-inflammatory, the product is perfect as a pre or post-workout supplement and can be a vital addition to a daily anti-inflammatory regimen given the effectiveness of its natural ingredients.*

Available in two anti-inflammatory formulas:



#### **Pain Punch:**

A natural anti-inflammatory with L-theanine to treat pain, it is the perfect part of a daily anti-inflammatory routine or for post-workout recovery.



#### **Pain Punch Plus:**

In addition to turmeric and omega-3, it is enhanced with natural caffeine and taurine, which delivers extra relief while doubling as the perfect pre-workout energizer.

Both versions are easy-to-drink, shelf-stable, gluten-free, sugar-free and have only 15 calories per serving.

### **Pain Punch: A Natural Solution for Three Key Markets**

- **Pain Relief (Acute and Chronic)**
  - Acute: Relief for injury-related pain (e.g., sprains, fractures) or post-surgery discomfort.
  - Chronic: Supports ongoing pain relief from conditions like arthritis or back pain.
- **Sports Nutrition and Recovery**
  - Pain Punch Plus - Pre-workout energy boost with natural caffeine (100 mg) and taurine.
  - Pain Punch - Post-workout recovery with L-theanine for relaxation and reduced muscle soreness.
- **Healthy Aging**
  - Part of an anti-inflammatory regimen to target inflamm-aging—the chronic inflammation linked to aging and disease.

## **Backed by Science, Developed by a Physician**

Dr. Hyman developed Pain Punch after experiencing his own pain journey post back surgery and with inflammatory arthritis. He created the wellness beverage to provide an effective, natural alternative to traditional medications. *"Pain Punch is designed to help people reduce inflammation and pain naturally - no prescriptions, no harmful side effects and no risks of addiction," says Dr. Hyman.*

## **How Pain Punch Works**

Pain Punch delivers **dual-action relief** with both **central** and **local effects**:

- **Central Effects:** Omega-3 (DHA) reduces inflammation in the nervous system, L-Theanine promotes relaxation and cognitive function, and natural caffeine enhances focus and pain perception.
- **Local Effects:** Turmeric and Omega-3 (EPA) target pain at its source, while vitamins B12, C, and D support nerve function and immune health.

**Pain Punch** is now available across Canada in convenient, ready-to-drink, single-serve cartons. Both formulations can be purchased directly on the [Pain Punch website](#) and on [Amazon](#), with plans to expand into retail locations across Canada!

For more information about Pain Punch, visit [www.painpunch.com](http://www.painpunch.com) or follow [@painpunch](#) on Instagram.

## **ABOUT PAIN PUNCH:**

Pain Punch is a physician-formulated, Health Canada-approved Natural Health Product (NHP) designed to provide effective, natural pain relief without the risks of addiction or side effects. Created by Dr. Andrew Hyman, MD, FRCP(c), and made in Canada, Pain Punch harnesses the power of Omega-T, a patented emulsion of Omega-3 and bioavailable turmeric. Available in convenient ready-to-drink formats, Pain Punch is the only patented liquid anti-inflammatory supplement of its kind, offering a science-backed alternative to traditional pain medications.

**For more information, high-resolution images or interview requests, please contact:**

**Linda Schuck**  
Account Manager  
SUGO Communications  
[linda.s@sugocommunications.com](mailto:linda.s@sugocommunications.com)  
647-393-1493