**CLAIMS**

1. A composition comprising:

a) curcumin complexed with phospholipids;

b) a lipophilic extract of *Zingiber officinale*; and

c) a lipophilic extract of *Zanthoxylum spp.*.

2. The composition according to claim 1, comprising per unit dose for oral administration:

a) curcumin complexed with phospholipids in amounts ranging from 50 to 1000 mg,

b) a lipophilic extract of *Zingiber officinale* in amounts ranging from 10 to 80 mg,

c) a lipophilic extract of *Zanthoxylum spp.* in amounts ranging from 1 to 50 mg.

3. The composition according to claim 2, comprising per unit dose for oral administration:

a) 250 mg of curcumin complexed with phospholipids;

b) 50 mg of lipophilic extract of *Zingiber officinale*; and

c) 10 mg of lipophilic extract of *Zanthoxylum spp.*.

4. The composition according to claim 1, for topical administration comprising:

a) curcumin complexed with phospholipids in amounts ranging from 0.1 to 0.5% w/w,

b) a lipophilic extract of *Zingiber officinale* in an amount of 0.5% w/w, and

c) a lipophilic extract of *Zanthoxylum spp.* in amounts ranging from 0.1 to 1% w/w, preferably of 0.5% w/w.

5. The composition according to claim 1, comprising:

a) 0.05% w/w of curcumin complexed with phospholipids,

b) 0.5% w/w of lipophilic extract of *Zingiber officinale*, and

c) 0.5% w/w of lipophilic extract of *Zanthoxylum spp.*.

6. The composition according to claims 1-5, wherein the extract of *Zanthoxylum spp.* is obtained from *Zanthoxylum bungeanum*, *Zanthoxylum piperitum* or *Zanthoxylum armatum*.

7. The composition according to claim 6, wherein the extract of *Zanthoxylum spp*. is an extract of *Zanthoxylum bungeanum*.

8. The composition according to claims 1-7, wherein the extract of *Zingiber officinale* has a gingerols and shogaols content ranging from 20 to 30% w/w, preferably of 25% w/w.

9. The composition according to claims 1-8, for use in prevention and/or treatment of inflammation and pain.

10. The composition for use according to claim 9, wherein the inflammation and pain are osteoarticular.

11. Use of the composition according to any one of claims 1-8 in the manufacture of a medicament for prevention and/or treatment of inflammation and pain.

12. The use according to claim 11, wherein the inflammation and pain are osteoarticular.