



# Glucosamine Chondroitin MSM

## DESCRIPTION:

Convenient combination formula to support joint health.

## FORMULA:

Each capsule contains:

Glucosamine Complex .....	375 mg
Chondroitin Sulfate.....	300 mg
MSM .....	375 mg

## INDICATIONS:

This product is formulated for:

- Those looking to improve or maintain the health of their joints naturally

## KEY FEATURES:

- Provides the building blocks necessary for the formation of large water binding molecules important for cartilage formation
- Helps to attract and hold water to support elasticity and fluidity of cartilage
- Promotes a fluid-like web around the joints, acting as a shock absorber to surrounding bones
- Ingredients help to support anti-inflammatory activities and promote decreased pain
- Can assist the body in maintaining the long-term health of the joints
- Contains a full 375 mg of Glucosamine Complex, 300 mg of Chondroitin Sulfate and 375 mg of MSM per tablet – allowing individuals to take 1-3 tablets depending on need
- Provides a glucosamine complex containing a high-quality blend of d-glucosamine HCL, n-acetyl d-glucosamine and glucosamine sulfate – forms found to be absorbable in the body
- Contains no sugar, starch, artificial colors, flavors, preservatives, corn, yeast, wheat, grain, egg or milk products

## BACKGROUND:

16 million men and women in the United States are at risk for developing the degenerative and painful disease of Osteoarthritis (OA). OA is associated with the breakdown of cartilage in the joints, commonly occurring in the knees, hips and spine. In OA cartilage becomes stiff and loses its elasticity and overtime can wear in some areas. As cartilage wears away, tendons and ligaments stretch causing pain and if the condition worsens bones can actually rub together. Traditional therapies for OA generally do not heal the problem but simply provide temporary pain relief and often lead to undesirable side effects and increased joint degradation – so a natural therapy comes with great need and excitement. Research shows that glucosamine and chondroitin are partners in the process of regenerating and decreasing the breakdown of cartilage, as well as supporting joint fluidity and flexibility. MSM is a natural sulfur compound found in high concentrations in the joints and has been shown to provide positive benefits to joint health – making it a wonderful addition to a glucosamine chondroitin combination product. This trio can naturally assist the promotion of long-term joint health, unlike traditional therapies that may only provide short-term relief.

## DIRECTIONS:

Take 1 to 3 tablets daily.

## HOW SUPPLIED:

Tablets; 120 per bottle.

## **BIBLIOGRAPHY:**

1. . Double-blind clinical evaluation of oral glucose sulphate in the basic treatment of osteoarthritis. **Curr. Med. Res. Opin. 8:**1980.
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4. Anti-inflammatory activity of chondroitin sulfate. **Osteoarthritis Cartilage 6** 1998.
5. Pavel K, *et al.* Glucosamine sulfate use and delay of progression of knee osteoarthritis: A 3 year, randomized, placebo-controlled, double-blind study, **Arch. Intern. Med. 162:** 13-23, 2002.