



# Joint Formula Plus

## Joint Formula Plus

### 90 Gelatin

Servings Per Container: 90

Serving Size: 1 capsule

Suggested Use: Take 1 capsule, 3 times per day, or as directed.

Ingredients	Dose Per Serving	Daily Amounts
MSM	300mg	900mg
Glucosamine Sulfate KCl	500mg	1500mg
Grapeseed Extract 95%	40mg	120mg
Ascorbic Acid	58.33mg	175mg
Bromelain 2400 GDU	41.67mg	125mg

**Directions:** Take 1 capsule, 3 times per day or as directed by your health care provider.

**NOTE:** This takes time to work, we (and most medical researchers) recommend an initial trial of 3 months to assess its effectiveness for you.

### Why take this supplement?

This is a powerful blend of building blocks associated with joint and cartilage repair. It also includes nutraceuticals with anti-inflammatory properties that improve recovery, help manage arthritis pain and can slow the degenerative process.

- Glucosamine and MSM act to strengthen cartilage and have been researched in the management of arthritis, particularly osteoarthritis. When taken together they have been shown to have twice the joint comfort relief of either one alone (see below). They are just as effective as the more expensive chondroitin addition.
- Bromelain is anti-inflammatory and is shown to reduce pain from arthritis.
- Ascorbic Acid (Vitamin C) is also a key component of joint cartilage repair.
- Grapeseed extract is added to help reduce swelling and inflammation caused by injury and has documented improvements in circulation. As a side benefit, grapeseed extract also has research evidence for benefit in high cholesterol. It is also an anti-oxidant that helps to protect cells from damage.

### Cautions:

These natural components are generally considered quite safe for most people and are generally well tolerated.

No contraindications are known but potential drug interactions may exist. Please consult your medical doctor if you have concerns regarding your medications.

- **These supplements should not be used by people with shellfish or pineapple allergies.**
- These supplements are not considered vegetarian/vegan.
- These supplements DO NOT contain gluten, dairy, soy, wheat or yeast allergens.

(\*Researchers conducted a 12-week double-blind clinical trial on 118 patients with mild to moderate osteoarthritis. The trial showed excellent results despite the absence of chondroitin sulfate. Three times a day, one group took 500 mg of glucosamine sulfate, one group took MSM and one group took both. In the glucosamine-only group, pain scores fell from 1.74 to 0.65; in the MSM only group, pain scores fell from 1.53 to 0.74; and in the combination group, pain scores fell from **1.7 to 0.36**, equaling about **twice the level of improvement in pain and inflammation** compared to either glucosamine or MSM alone.)