



Glucosamine & Chondroitin

Fighting arthritis is a common practice, and using a Glucosamine and Chondroitin complex is an effective means for doing so. Glucosamine and Chondroitin are used to help combat osteoarthritis and joint pain. Osteoarthritis is the most common form of arthritis; it affects tens of millions of Americans. This disease is found in many joints in the body, particularly in the knees, neck, back, hips and fingers. It causes pain, inflammation and decreased range of motion. Osteoarthritis is generally considered to be a relentless and irreversible process of joint destruction. Research indicates that damaged cartilage can be replaced by healthy new cartilage. Treatment of osteoarthritis and rheumatoid arthritis should focus on both inhibiting cartilage breakdown and promoting cartilage repair. Glucosamine and Chondroitin can be used to accomplish both of those.*

Glucosamine is an amino acid sugar found in the shells of shrimp and lobster. It is necessary for the construction of connective tissue. The body synthesizes glucosamine via an enzymatic combination of glucose and glutamine. Glutamine is a nonessential amino acid useful for intestinal health and recovery. Glucosamine Sulfate is a component of glucosamine-glycons (mucopolysaccharides) and glycoproteins. These are integral parts of cell membranes, extracellular membranes and interstitial tissues that connect cells together. This is one reason why Glucosamine supplements are used to combat arthritis and related diseases. Glucosamine is used as a precursor and stimulant of proteoglycan synthesis. It is also helpful in inhibiting the degradation of proteoglycans and to help rebuild damaged cartilage. It is shown to possess anti-inflammatory properties. Glucosamine is produced in the body to make cartilage in the joints. As one gets older, the ability to produce glucosamine becomes more difficult, thus cartilage starts to break down. That is when stiffness and pain in the joints, "arthritis", sets in. By taking supplemental glucosamine, your body is able to stimulate cartilage repair, thus helping alleviate arthritic conditions. Glucosamine's effects can take up to a couple weeks before noticeable differences are experienced, but those with arthritis have called it a wonder drug because their pain and stiffness subsides remarkably. Best of all, glucosamine has no real side effects, and one really can not overdose from taking too much of it. Some people may experience mild upset stomachs from glucosamine. Glucosamine can not be found in food sources. That is why taking supplements made from chitin, the processed shells of shrimp, crabs and lobster, is imperative for receiving necessary dosages of glucosamine.*

Chondroitin sulfate, otherwise known as chondroitinsulfuric acid (CSA), is a type of glycosaminoglycan or member of the polysaccharide chain in proteoglycans. Proteoglycans consist of units of polysaccharides (95%) and proteins (5%). The proteoglycans form the extracellular medium or ground substance of connective tissue. They determine the viscoelastic properties of joints and other structures that contain connective tissue subject to mechanical deformation. Chondroitin sulfate is the major component of the ground substance acting as filler between collagen fibers and cells. It is also the principal component of the organic matrix in cartilage, bone, rectum and thyroid. Chondroitin sulfate is used as an anticancer in the cervix, lung, ovary and pancreas, and helps control the deposition of calcium salts in bones. It is also useful in maintaining the elasticity of blood vessels.* **Vitamin C (Ascorbic Acid / Citrus Bioflavonoids)** have both been shown to aid in relieving inflammation.*

Note: These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

References: Nu BioLogics research; Healing through Nutrition, Werbach, Melvyn, 1993; NaturBase, 1996-98, 3dtx corporation; Drovanti A, et al, Clinical Ther 3(4):260-72, 1980; The Complete Idiot's Guide to Vitamins and Minerals, Alan H. Pressman, Sheila Buff, 1997.

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