



Glucosamine + Chondroitin Sulfates

Nature's Harmony® Glucosamine and Chondroitin Sulfates Complex helps to relieve joint pain associated with osteoarthritis. This supplement has both anti-inflammatory and analgesic properties.

PRODUCT CODE: 400584

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Promotes joint health.	Caplet	Take 2 caplets three times daily or as recommended by a health care practitioner.

DESCRIPTION:

Each caplet of Nature's Harmony® Glucosamine and Chondroitin Sulfates Complex contains 250 mg of glucosamine sulfate and 200 mg of chondroitin sulfate. Glucosamine and chondroitin sulfate are substances found naturally in the body. Glucosamine is a form of amino sugar that is believed to play a role in cartilage formation and repair. Chondroitin sulfate is part of a large protein molecule (proteoglycan) that gives cartilage its elasticity.

The body uses glucosamine to make compounds that are a normal part of cartilage. Some experts believe that chondroitin increases the amount of hyaluronic acid—the fluid that keeps the joints lubricated. It may take from two to four months of treatment to notice significant improvement in osteoarthritis symptoms.

Recommended Daily Allowance: N/A

Food Sources: None.

Causes of Deficiency: Joint problems.

Symptoms of Deficiency: Pain, stiffness, swelling.

Complementary Nutrients: SAM-e, vitamins C and D, topical creams.

HOW IT WORKS:

Glucosamine

Glucosamine occurs naturally in the body and plays a role in the construction of cartilage—the tough connective tissue that cushions the joints. Glucosamine stimulates the production of glycosaminoglycans (the key structural components of cartilage) as well as the incorporation of sulfur into cartilage. Sulfur is necessary for making and repairing cartilage.

Chondroitin

Chondroitin is a simple molecule that occurs naturally in the body. It is a major component of cartilage—the tough, connective tissue that cushions the joints. Chondroitin helps to keep cartilage resilient by absorbing fluid (particularly water) into the connective tissue. It is also believed to block enzymes that break down cartilage and it provides the building blocks needed for cartilage to repair itself.

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RESEARCH:

Research suggests that glucosamine supplements stop, and possibly even reverse, the degeneration of cartilage that accompanies osteoarthritis. Scientists also believe that chondroitin supplementation can slow the progression of this “wear and tear” disease.

For over 35 years, MSM has been documented for its remarkable benefits, including effectiveness for a variety of conditions including joint and muscle pains and injuries, rheumatoid arthritis, skin ulcers, psoriasis, bursitis, emphysema and chronic urinary tract infection.

SIDE EFFECTS:

The most common side effects are abdominal pain and tenderness, heartburn, diarrhea and nausea. Rare adverse reactions include vomiting, constipation, anorexia and skin reactions. It may worsen high blood sugar in predisposed persons.


INTERACTIONS AND SAFETY CONSIDERATIONS:

Do not use if pregnant, breastfeeding or if sensitive to sulfonamides (sulfa drugs). Safety for diabetes and renal failure has not been established. It may worsen high blood sugar in predisposed persons.

There are no reported drug interactions; however, there is some concern that a combination of high doses of both glucosamine (3000 mg per day) and chondroitin sulfate (2400 mg per day) may enhance the effects of warfarin. Patients on blood-thinning medication should consult their health care practitioner before use.

NOTE: The active ingredients in this supplement are extracted from shellfish. Do not use if you have a shellfish allergy.

LABEL:




Sulfates de glucosamine et de chondroïtine complexe

Aide à soulager les douleurs articulaires associées à l'arthrose

60 comprimés

Usage recommandé : Aide à protéger contre la détérioration du cartilage.
Dose recommandée : Prendre 2 comprimés trois fois par jour. Utiliser pendant au moins deux mois afin de pouvoir constater les effets bénéfiques.
Ingédients médicinaux :
 Chaque comprimé contient :
 Sulfate de glucosamine (exosquelettes de crustacés stabilisés avec chlorure de potassium) 250 mg
 Sulfate de chondroïtine sodique (bovin) 200 mg
Ingédients non médicinaux : cellulose, amidon de maïs, croscarmellose sodique, acide stéarique, stéarate de magnésium, dioxyde de silicium.
Information sur les risques : Consulter un praticien de soins de santé avant l'en faire l'usage si vous êtes enceinte ou allaitante. Consulter un praticien de soins de santé si les symptômes s'aggravent. Ne pas utiliser si vous êtes allergique aux crustacés.
 Ce produit ne contient pas d'ingrédient laitier, oeuf, gluten, soya ou colorants, arômes ou agents de conservation artificiels.
RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE PORTÉE DES ENFANTS.



Glucosamine + Chondroitin Sulfates Complex

Helps to Relieve Joint Pain Associated with Osteoarthritis


60 Tablets


Recommended Use: Helps to protect against the deterioration of cartilage.
Recommended Dose: Take 2 tablets three times daily. Use for a minimum of two months to see beneficial effects.
Medicinal Ingredients:
 Each tablet contains:
 Glucosamine sulfate (shellfish exoskeleton stabilized with potassium chloride) 250 mg
 Chondroitin sulfate sodium (bovine) ... 200 mg
Non-medicinal Ingredients: Cellulose, corn starch, croscarmellose sodium, stearic acid, magnesium stearate, silicon dioxide.
Risk Information: Consult a health care practitioner prior to use if pregnant or breastfeeding. Consult a health care practitioner if symptoms worsen. Do not use if allergic to shellfish.
 This product does not contain dairy, egg, gluten, soy, or artificial colours, flavours, or preservatives.
STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

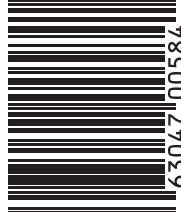
Actual Size
Grandeur réelle

DO NOT USE IF SEAL UNDER CAP IS BROKEN.
NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.

www.naturesharmony.com
1-877-929-2548

 SunOpta Inc.
6 Commerce Crescent
Ayrton, ON L7J 2Y3

 A Proud Canadian Company
Une compagnie canadienne fière de l'être.



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DID YOU KNOW...

Clinical studies have shown that supplementing with chondroitin sulphate reduces the long-term damage of osteoarthritis.