



Glucosamine + Chondroitin with MSM Chewable Tablets

Nature's Harmony® Glucosamine and Chondroitin with MSM promotes joint health and maintenance in a great-tasting, sugar-free chewable tablet. With the addition of MSM, this supplement has both anti-inflammatory and analgesic properties.

PRODUCT CODE: 400585

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Promotes joint health.	Chewable tablet	Take 1 tablet twice daily or as recommended by a health care practitioner. Helps Relieve Joint Pain

DESCRIPTION:

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 elasticity. MSM (methylsulfonylmethane) is a naturally occurring organic sulfur compound found in plant and animal tissues that is essential for optimal health. 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. MSM helps to relieve pain and inflammation.

Recommended Daily Allowance: N/A

Food Sources: Dietary MSM comes from fresh vegetables, fresh fruits, meats, seafood and milk. Processing of these products, however, destroys or greatly reduces actual MSM content.

Causes of Deficiency: Joint problems; MSM levels in humans decline with age, resulting in symptoms of fatigue, tissue and organ malfunction and increased susceptibility to disease.

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.

MSM

MSM and its related compounds make up 85% of the sulfur in living organisms. Our bodies are composed primarily of five basic elements: oxygen, hydrogen, nitrogen, carbon and sulfur. Sulfur is needed to form blood proteins and amino acids. It provides the chemical links needed to form collagen, the protein found in connective tissue.

Glucosamine + Chondroitin with MSM Chewable Tablets

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:



Natures Harmony®

À MÂCHER

Glucosamine et chondroïtine avec MSM

Aide à soulager les douleurs articulaires

60 comprimés à mâcher

Usage recommandé : Aide à soulager les douleurs articulaires et la douleur due aux symptômes de l'arthrose. Aide à la formation d'un cartilage sain et à protéger contre la détérioration.

Dose recommandée (adultes) : Prendre 1 comprimé deux fois par jour.

Ingrédients médicinaux :

Chaque comprimé contient :

Chlorhydrate de glucosamine.....750 mg
Sulfate de chondroïtine.....125 mg
Méthylysulfonyleméthane (MSM).....15 mg

Ingrédients non médicinaux : sorbitol, gélatine hydrolysée, arômes naturels, huile végétale, acide citrique, carboxyméthylcellulose, sucralose, stéarate de magnésium, oxyde de silicium, curcumine.

Information sur les risques: Ne pas utiliser si vous êtes enceinte ou allaitante. Consulter un praticien de soins de santé si vous éprouvez des douleurs gastro-intestinales ou des troubles de défécation, ou si les symptômes persistent. Cesser l'usage si une réaction allergique survient. Ce produit ne contient ni maïs, gluten, lactose, sucre, soya, levure, ni colorants, arômes ou agents de conservation artificiels.

GARDER HORS DE LA PORTÉE DES ENFANTS.
RANGER DANS UN ENDROIT SEC ET FRAIS.

Recommended Use: Helps to relieve the pain of osteoarthritis symptoms and joint pain. Helps to build healthy cartilage and protect against deterioration.

Recommended Dose (Adults): Take 1 tablet twice daily.

Medicinal Ingredients:


Each tablet contains:

Glucosamine HCl.....750 mg
Chondroitin Sulfate.....125 mg
Methylsulfonylmethane (MSM).....15 mg

Non-medicinal Ingredients: Sorbitol, hydrolyzed gelatin, natural flavours, vegetable oil, citric acid, cellulose gum, sucralose, magnesium stearate, silicon dioxide, curcumin.

Risk Information: Do not use if you are pregnant or breastfeeding. Consult a health care practitioner if you experience gastrointestinal pain, a bowel movement disturbance or if symptoms persist. Discontinue use if allergic reaction occurs. This product does not contain corn, gluten, lactose, sugar, soy, yeast, or artificial colours, flavours or preservatives.

KEEP OUT OF REACH OF CHILDREN.
STORE IN A COOL, DRY PLACE.



Natures Harmony®

CHEWABLE

Glucosamine and Chondroitin with MSM

Helps Relieve Joint Pain

60 Chewable Tablets


Actual Size
Grandeur réelle

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

Manufactured by / Fabriqué pour :
Purdy Life Health Products
A division of/Une division de SunOpta Inc.
6 Commerce Crescent, Acton ON L7J 2K3
Ingénieur: Vita Health Products Inc.
150 Ridgetown Avenue, Whitby ON R2J 3W2

For more information visit:
www.naturesharmony.com
or call 1-877-829-2548.

Plus d'information, visitez le site:
www.naturesharmony.com
ou composez le 1 877 829-2548.



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