



Category 10  
Specialty Supplements



**GOODFORYOU**

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## GLUCOSAMINE & MSM Plus Chondroitin

60 Cap #103278

**Description: Glucosamine & MSM Plus Chondroitin:** Three of the most widely used products for arthritis and joint pain. They are important naturally occurring structural components of healthy joints, ligaments, bones and synovial fluid. In his book *The Arthritis Cure*, Dr. Jason Theodosakis indicates that a properly combined formula including **Glucosamine & Chondroitin** could be the Medical Miracle that can halt, reverse, and may even cure osteoarthritis and other forms of joint pain. MSM is an excellent natural pain-killer recommended by professionals.

### Contents / Ingredients

**Glucosamine** occurs naturally in joint structures. As a supplement it is primarily used to help form the cushioning ingredients of joint fluids and surrounding tissues, thickening synovial fluid, making it more elastic; repairing damaged arthritic joints; and creating more support for joints including the vertebrae. It helps the body to repair damaged and eroded cartilage and then protects these areas from further damage. It is currently prized primarily for its efficacy in arthritic conditions, contributing to the reduction of arthritic joint pain and the repair of the joint surfaces.

**Chondroitin** is also a naturally occurring substance that we produce as well as we get it from our diets. It is found in most animal tissues especially in the “gristle” around joints.

- Chondroitin is like a fluid magnet, which helps to hold the lubricating fluids around the joints and cartilage.
- It protects existing cartilage from premature breakdown by inhibiting the action of certain “cartilage-chewing” enzymes.
- It interferes with other enzymes that attempt to “starve” cartilage by cutting off the transport of nutrients.
- It stimulates the production of proteoglycans, glycosaminoglycans, and collagen, the cartilage matrix molecules that serve as building blocks for healthy new cartilage.
- Chondroitin works synergistically with Glucosamine and together they enhance the benefits of each other. Together they enhance cartilage repair and improve joint functions

**MSM** is a nutritional supplement that is rapidly establishing a reputation as a safe, natural, and effective solution for many types of pain and inflammatory conditions. It is believed that MSM relieves pain in several ways:

- inhibits pain impulses along the major nervous system network called C Fibers. These fibers carry messages of pain from a site of damaged tissue in the body to your brain.
- Reduces inflammation. Inflammation puts pressure on nerves and other tissues and causes pain
- Promotes blood flow, which enhances the healing process
- Reduces muscle spasms often involved in painful conditions.

### Traditional Therapeutic Action

#### Supplement Facts

Serving Size 2 Capsules	Servings per Container 30	
	Amount Per Serving	% Daily Value
Potassium (as Potassium Chloride)	245 mg	6%
Glucosamine Sulfate (as Glucosamine Potassium Sulfate Complex)	1.5 g	*
MSM (Lignisol® MSM)	500 mg	*
Chondroitin Sodium Sulfate (from Bovine Cartilage)	50 mg	*
(*) Daily Value not established.		
(**) Percent Daily Value are based on a 2,000 calorie diet.		
Other ingredients: Gelatin (capsule) and Magnesium Stearate.		
Contains no yeast, wheat, gluten, corn, milk, soy, sugar or preservatives.		

**SUGGESTED DOSAGE:** As a dietary supplement, take 2 capsules 1-2 times daily with meals or on an empty stomach.

**CAUTION:** Persons with a known allergy to shellfish should not use this product.