



Joint Complex (single dose)

Introduced 2013



What Is It?

Joint Complex (single dose) supports joint function and comfort with cartilage building blocks and herbal extracts in convenient one-per-day dosing.*

Uses For Joint Complex (single dose)

Joint Health: Joint Complex (single dose) contains UC-II® undenatured type-II collagen complex, hyaluronic acid and MSM to support joint health, flexibility and comfort. In a randomized, double-blind trial involving 52 subjects, 40 mg of UC-II® was more than twice as effective in promoting joint health as 1,500 mg of glucosamine and 1,200 mg of chondroitin as rated by WOMAC, VAS and the Lequesne functional index. Another study involving five women supplemented with 40 mg of UC-II® for 42 days, indicated statistically significant support for joint comfort and flexibility. MSM provides sulfur to enhance the structure and integrity of proteoglycans. A randomized, double-blind, placebo-controlled trial indicates that MSM promotes joint comfort and function. Recent research suggests that MSM may also support antioxidant capacity during exercise. Hyaluronic acid helps maintain water retention in tissues and joints to support joint lubrication and shock absorption. HyaMax® sodium hyaluronate provides a low molecular weight source of hyaluronic acid produced through fermentation. In a pharmacokinetic study, orally administered HyaMax® hyaluronic acid was incorporated into joints, connective tissue and skin, with a particular affinity for cartilaginous joints. Lastly, 5-LOXIN® AKBA boswellia and enhanced absorption Meriva® turmeric extracts help maintain healthy 5-lipoxygenase and cyclooxygenase-2 enzyme activity and cytokine metabolism to offer additional joint comfort support.*

What Is The Source?

UC-II® undenatured type-II collagen complex is derived from chicken sternum cartilage using a patented, low-temperature manufacturing process and standardized to contain 25% undenatured type-II collagen. Low molecular weight hyaluronic acid is derived from fermentation. MSM (methylsulfonylmethane) is synthetic. Meriva® turmeric phytosome is derived from turmeric extract, sourced from

Curcuma longa root and standardized to contain 18% curcuminoids, and a phospholipid complex, derived from soy. 5-LOXIN® AKBA extract is derived from *Boswellia serrata* gum resin and standardized to contain 30% 3-acetyl-11-keto-beta-boswellic acid (AKBA). Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

Recommendations

Pure Encapsulations® recommends 1 capsule daily, with a meal.

Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. Turmeric can cause nausea or diarrhea in some individuals. It is not recommended for individuals with biliary obstruction. Rare side effects of boswellia include diarrhea, skin rash, acid reflux and nausea and may be contraindicated in those with pre-existing gastritis or gastro-esophageal reflux disease (GERD). Consult your physician for more information.

Are There Any Potential Drug Interactions?

Turmeric and boswellia may be contraindicated with blood thinning medications. Consult your physician for more information.

(continued)

each vegetarian capsule contains  00

UC-II® undenatured type-II collagen..... 40 mg
 (standardized to contain 25% undenatured type-II collagen)

hyaluronic acid (low molecular weight).....70 mg

MSM (methylsulfonylmethane) 400 mg

Meriva® turmeric phytosome (turmeric (curcumba longa) 100 mg
 extract (root) and phospholipid complex)
 (standardized to contain 18% curcuminoids)

5-LOXIN® - Boswellia serrata extract 100 mg

Indian frankincense (boswellia serrata) extract (gum resin)
 (standardized to contain
 30% 3-acetyl-11-keto-beta-boswellic acid (AKBA))

other ingredients: potassium chloride, ascorbyl palmitate, vegetarian
 capsule (cellulose, water)

Contains soy

Not to be taken by pregnant or lactating women. Consult a health professional before taking this or any other health product.

1 capsule daily, with a meal.

 UC-II® is a trademark of InterHealth N.I. UC-II® brand of undenatured type II collagen (U. S. Patents 5,645,851, 5,637,321, 5,529,786, 5,750,144, 7,083,820, EPO Patent EP1435906B1, Canadian Patent CA2459981L, Japanese Patent JP 4,800,574B2 and world-wide patents pending).

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 Phytosome More Bioavailable is a trademark of Indena S.p.A.

5-LOXIN® is a registered trademark of PL Thomas - Laila Nutra, LLC and is used under license. International patents pending.

HyaMax® is a U.S.A. registered trademark of Fenchem.