



Manufacturers of  
Hypo-allergenic  
Nutritional  
Supplements



# Glucosamine/ MSM

## with joint comfort herbs

INTRODUCED 2002

### What Is It?

Glucosamine is combined with sulfur-containing methyl-sulfonylmethane (MSM), ginger and curcumin to provide an enhanced spectrum of nutrients for optimal cartilage matrix composition, connective tissue strength, and joint comfort.\*

### Uses For Glucosamine/MSM with joint comfort herbs

**Cartilage Composition:** Glucosamine sulfate and MSM provide intrinsic compounds essential for healthy cartilage formation, including glycosaminoglycans and elemental sulfur, respectively. Studies have indicated that glucosamine has the ability to support healthy cartilage integrity, in part by maintaining healthy matrix metallo-proteinase (MMP) enzyme activity. In addition, an important role of sulfur from MSM is to enhance the structure and integrity of proteoglycans.\*

**Joint Comfort:** A recent randomized, double blind, placebo-controlled trial revealed that MSM promotes joint comfort and function. MSM has also been attributed with enhancing healthy immune cell activity, thereby supporting tissues surrounding the joints. Additionally, ginger promotes healthy prostaglandin and leukotriene biosynthesis, while curcumin helps maintain healthy neutrophil function and scavenges free radicals such as nitric oxide.\*

### What Is The Source?

Glucosamine sulfate is derived from crab and shrimp. MSM is synthetic. Ginger extract is derived from *Zingiber officinale* root and standardized to contain 5% gingerols. Turmeric extract is derived from *Curcuma longa* root and standardized to contain 95% curcuminoids. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

OptiMSM<sup>®</sup> is a registered trademark of Cardinal Nutrition.

### Recommendations

Pure Encapsulations recommends 2-6 capsules per day, in divided doses, with meals.

### Are There Any Potential Side Effects Or Precautions?

Ingredients in this formula have caused mild gastrointestinal symptoms in some individuals, such as abdominal bloating, diarrhea or nausea. If pregnant or lactating, consult your physician before taking this product.

### Are There Any Potential Drug Interactions?

This product may be contra-indicated with blood thinning medications. Consult your physician for more information.

#### Glucosamine/MSM with joint comfort herbs

two vegetable capsules contain		00
glucosamine sulfate (crab, shrimp) .....		500 mg
MSM (methylsulfonylmethane).....		500 mg
ginger ( <i>Zingiber officinale</i> ) extract (root) .....		250 mg
(standardized to contain 5% gingerols)		
turmeric ( <i>Curcuma longa</i> ) extract (root).....		250 mg
(standardized to contain 95% curcuminoids)		
ascorbyl palmitate (fat-soluble vitamin C) .....		16 mg
<b>2-6 capsules per day, in divided doses, with meals.</b>		

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.



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