



EPA/DHA- Glucosamine

What Is It?

EPA/DHA-Glucosamine combines ultra-pure molecularly distilled fish oil with glucosamine, boswellia and curcumin for optimal joint function and comfort.*

Uses For EPA/DHA-Glucosamine

Joint Health: Fish oil moderates prostaglandin and leukotriene production, supporting healthy connective tissue. It also plays a role in moderating neutrophil activity, supporting joint comfort. A double blind, placebo-controlled, prospective study involving 66 subjects revealed that fish oil modulates immune mediator activity as well as provides support for joint flexibility. Glucosamine is a naturally occurring compound necessary for the synthesis of proteoglycans, the protein molecules responsible for giving cartilage its strength and resilience. Sulfate, another component of proteoglycans, works synergistically with glucosamine to enhance cartilage metabolism. Boswellia serrata is an Ayurvedic herb that has a long history of use for connective tissue and joint support. Boswellic acids, the active terpenoid constituents of boswellia, may maintain healthy 5-lipoxygenase enzyme activity and healthy leukotriene metabolism to promote joint comfort. Curcumin also promotes joint comfort by supporting healthy histamine production, eicosanoid metabolism and neutrophil response.*

What Is The Source?

Pure Encapsulations EPA/DHA products are molecularly distilled and microfiltered. They are sourced mainly from sardines and anchovies off the coast of Chile or Norway. They have been tested for contaminants including heavy metals, dioxans and furans, PCBs, peroxides and anisidine. Glucosamine sulfate is derived from crab and shrimp. Boswellia serrata extract is derived from gum resin and standardized to contain 70% boswellic acids. Curcuma longa (turmeric) extract is standardized to contain 97% curcuminoids. Vitamin E (d-alpha tocopherol) is derived from soy lecithin.

Recommendations

Pure Encapsulations recommends 4 softgels daily, in divided doses, with or between meals.

Are There Any Potential Side Effects Or Precautions?

Certain ingredients may cause burping, gastrointestinal upset, nausea, diarrhea, or abdominal bloating. Boswellia may be contraindicated in those with pre-existing gastritis or gastro-esophageal reflux disease (GERD). Fish oils have a mild blood thinning effect and may influence glucose metabolism in some individuals, typically at larger levels. Curcumin should be used with caution in patients with bile duct obstruction. If pregnant or lactating, consult your physician before taking this product.

Are There Any Potential Drug Interactions?

Studies suggest boswellia moderates 5-lipoxygenase and therefore may interact with leukotriene inhibitors. Certain ingredients may react with blood thinning medications. Consult your physician for more information.

EPA/DHA-Glucosamine

four softgel capsules contain

fish oil concentrate (anchovies, sardines).....	1,500 mg.
providing:	
EPA (eicosapentaenoic acid).....	450 mg.
DHA (docosahexaenoic acid)	300 mg.
glucosamine sulfate 2KCl (crab, shrimp) (sodium free).....	1,500 mg.
(providing 1,125 mg glucosamine sulfate)	
Boswellia serrata extract (gum resin)	100 mg.
(standardized to contain 70% boswellic acids).....	70 mg.
turmeric (Curcuma longa) extract (root).....	100 mg.
(standardized to contain 97% curcuminoids)	97 mg.
vitamin E (d-alpha-tocopherol)	40 i.u.
Contains: soy (from soy lecithin)	
other ingredients: silica dioxide, gelatin capsule	

4 capsules per day, in divided doses, with or between meals.

*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.