



Manufacturers of
Hypo-allergenic
Nutritional
Supplements



Glucosamine Chondroitin with MSM

What Is It?

Glucosamine HCl and chondroitin sulfate are combined with sulfur-containing methylsulfonylmethane (MSM) to provide an enhanced spectrum of nutrients for optimal cartilage matrix composition, connective tissue strength, and joint comfort.*

Uses For Glucosamine Chondroitin with MSM

Cartilage Composition: Glucosamine promotes the synthesis of the glycosaminoglycan chondroitin sulfate. Chondroitin sulfate is responsible for building the ground substance of cartilage, molecules known as proteoglycans. Studies have indicated that glucosamine HCl has the ability to support healthy cartilage integrity, in part by maintaining healthy matrix metalloproteinase (MMP) enzyme activity. In addition, an important role of sulfur from MSM is to enhance the structure and integrity of proteoglycans.*

Joint Motility and Function: Several studies indicate that the combination of glucosamine HCl and chondroitin sulfate has positive effects on joint mobility and comfort. Additionally, a recent randomized, double blind, placebo-controlled trial revealed that MSM also promotes joint comfort and function.*

What Is The Source?

Glucosamine HCl is derived from crab and shrimp. Chondroitin sulfate is derived from bovine cartilage. MSM is synthetic. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

OptiMSM® is a registered trademark of Cardinal Nutrition.

Recommendations

Pure Encapsulations recommends 3 capsules per day, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

In rare cases, ingredients in this formula have caused mild gastrointestinal symptoms, 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 certain blood thinning medications. Consult your physician for more information.

Glucosamine Chondroitin with MSM

each vegetable capsule contains



glucosamine HCl (crab, shrimp), 99%	300 mg.
chondroitin sulfate (bovine), 95%	300 mg.
MSM (methylsulfonylmethane), 99%.....	300 mg.
vitamin C (as ascorbyl palmitate).....	5 mg.

3 capsules per day, in divided doses, with 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.