



— Your Trusted Source —

# Glucosamine Complex

Introduced 2000



## What Is It?

Glucosamine Complex contains naturally occurring compounds the body needs to build and strengthen cartilage.\*

## Uses For Glucosamine Complex

**Cartilage Composition:** This formula combines three forms of glucosamine: glucosamine HCl, glucosamine sulfate and n-acetyl-d-glucosamine. These naturally occurring substances build and maintain the matrix of collagen and connective tissue that forms the ground substance of cartilage. Studies indicate that glucosamine has the ability to support healthy cartilage integrity, in part by maintaining healthy matrix metalloproteinase (MMP) enzyme activity. The trace mineral manganese plays a key role in supporting glycosaminoglycan and mucopolysaccharide production and encourages the antioxidant activity of superoxide dismutase. Ascorbate is a vital nutrient for proper collagen formation and also serves as an antioxidant.\*

## What Is The Source?

Glucosamine sulfate, glucosamine HCl and n-acetyl-d-glucosamine are derived from crab and shrimp. Manganese is derived from earthen ore. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

## Recommendations

Pure Encapsulations recommends 1 capsule daily, with a meal, or as directed by a health professional.

## Are There Any Potential Side Effects Or Precautions?

Rarely, glucosamine has been associated with 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 Complex

each vegetarian capsule contains  00

manganese (as manganese ascorbate).....	2 mg
glucosamine sulfate (from crab, shrimp).....	250 mg
glucosamine HCl (from crab, shrimp).....	250 mg
n-acetyl-d-glucosamine (from crab, shrimp).....	250 mg
ascorbyl palmitate (fat-soluble vitamin C).....	15 mg
other ingredients: vegetarian capsule (cellulose, water)	

**1 capsule daily, with a meal, or as directed by a health professional..**

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.