# Glucosamine

60 capsules, Dietary Supplement combination, Stock No. 903-4

Glucosamine occurs naturally in the body to stimulate the production of cartilage in joints. In some people, production of glucosamine slows with age, leaving cartilage unable to retain water and function as a shock absorber. This inability to create glucosamine is considered a major factor in the development of osteoarthritis.

Benefits of taking glucosamine are reported to be cumulative, providing greater results the longer taken.

### *Did you know?*

An Italian study determined glucosamine treatment for inflammatory disorders proved 10-30 times better than treatment with a leading drug (indocin), due to the drug's extremely high toxicity (1,000-4,000 times greater than glucosamine). Inflammatory disorders, such as osteoarthritis, often require long-term treatment making toxicity an essential factor to be considered.

### *NSP Advantage*

60 capsules. Dietary supplement combination.

*Ingredients:* 450 mg blend of the finest glucosamine hydrochloride, cellulose, cat's claw/Una de gato (*Uncaria tomentosa*) inner bark, magnesium stearate.

For best results use in conjunction with chondroitin.

*Recommendation:* Take four capsules daily with a meal.

## Features & Benefits

- Glucosamine helps to relieve osteoarthritic symptoms and is effective in reducing joint pain.
- Glucosamine is a key component of synovial fluid (the fluid in joints) and cartilage, and is a factor in the building of healthy cartilage.
- Glucosamine promotes the growth of new cartilage and may aid the body in repairing arthritic and other injured joints. Glucosamine protects against the deterioration of cartilage from chronic joint diseases.
- Cat's claw has been used traditionally to help relieve arthritic inflammation.
- Glucosamine works best with chondroitin to enhance cartilage repair, improve joint function, and reduce joint pain.
- NSP uses glucosamine hydrochloride, as opposed to glucosamine sulphate found in many competitive glucosamine products. The sulphate form can contain significant amounts of sodium. People with inflammatory conditions need to avoid excess sodium. Also, the hydrochloride form contains a higher percentage of glucosamine than does the sulphate form. (Most initial studies on glucosamine were done using the sulphate form, simply because the hydrochloride form was not available at the time. It is the glucosamine part of the molecule that is important for joint function).