



JOINTSOOTHE™

COMPREHENSIVE NUTRITION SUPPORT FOR JOINT HEALTH
120 VEGETARIAN CAPSULES | NPN80051210 | ARS120-CN

JointSoothe™ offers ideal nutritional support for joints, providing achy joints the nutrition they need to rebuild, stay lubricated, rid fluid that results in swelling, move freely, and function at their best.

Joints, cartilage, ligaments, tendons and synovial fluid (for joint lubrication) undergo a continuous but slow turnover and remodeling process. This is affected by many physiological factors such as diet, supplements, activity, stress, gut health, allergies, immune status, infections, aging, hormones, toxic load and/or various medications. The continuous rebuilding of joints and tissue depends on the nutrients glucosamine, sulfur (MSM), hyaluronic acid, copper and vitamin C for collagen synthesis (found in tendons, cartilage, ligaments). Exercise should be emphasized because it improves blood and lymph circulation, which enables the nutrients to reach the target tissue more effectively.

HIGHLIGHTS

New Zealand Green Lipped Mussel (*Perna canaliculus*) - This purified mussel extract was shown to suppress arachidonic acid metabolism via the COX and LOX pathways and contain anti-inflammatory omega-3 polyunsaturated fatty acids, which alleviated degenerative joint disease, arthritic symptoms, and chronic pain in animal studies.⁵ The green lipped mussel in this product is sourced from the coast of New Zealand and is processed within two hours of harvest to prevent potential degradation, resulting in a high quality, highly bioactive compound.

Glucosamine Sulfate - Provides precursors for the continuous rebuilding of joint and spine cartilage, ligaments, and tendons by stimulating the formation of joint-building proteoglycans.

Cetyl Myristoleate (CMO) - These cetylated fatty acids contain an ester group necessary for their absorption in the gastrointestinal tract. In a randomized controlled trial, patients given CMO had marked improvement in knee pain compared to placebo group.¹⁰ An in vitro study using a mixture of cetylated fatty acids including CMO significantly reduced inflammation by decreasing pro-inflammatory marker expression.⁹

Hyaluronic Acid - This viscous mucopolysaccharide is present in connective tissue space and the synovial fluid of movable joints and is important in maintaining the health of joints and cartilage. The hyaluronic acid used in this formula has a good absorption rate due to a special processing that renders it in a low molecular weight.

Type II Collagen - Type II collagen is the predominant collagen found in cartilage. Collagen is made up of polypeptide chains of glycine, proline and hydroxyproline mainly. Type II collagen from chicken sternum contains all the important components of cartilage including collagens, proteoglycans and mucopolysaccharides such as hyaluronic acid and chondroitin. The type II collagen can only exert its immunological effects when its configuration is very well preserved and undenatured during

processing. This, in turn, allows the configuration to be recognized by the immune system and lead to downregulation of immune system response towards collagen structures. Extensive research has shown that type II collagen is degraded and progressively lost in osteoarthritis patients.¹³

Other studies show that undenatured type II collagen protects against joint damage in rheumatoid and osteoarthritis via down-regulating pro-inflammatory markers, immunomodulation of macrophages, activating pro-chondrogenic genes, as well as inhibiting chondrocyte apoptosis & hypertrophy which improves pain, stiffness and physical function for moderate-to-severe arthritic patients.^{14,15}

The minerals zinc, copper, and manganese are chelated to amino acids by the patented Albion method. This maximizes their absorption and eliminates the well-known GI side effects of the salt forms of minerals and their interference with absorption of other nutrients ingested at the same time. Higher copper to zinc ratios are correlated with disease, thus having proper zinc to copper ratio is vital in mitigating inflammation in arthritis patients. Studies show that patients who supplemented with zinc report marked improvements in lab and clinical specifications for rheumatoid arthritis due to zinc's role in the immune system, anti-inflammatory processes, and bone-forming activity.^{17, 18}

Selenium - a deficiency in this mineral has been noted in patients with rheumatoid arthritis. Selenium, a powerful antioxidant, may help arthritis by fighting free radicals that damage tissues and lead to inflammation.^{19, 20}

The herbal extracts, boswellia and turmeric are standardized for their active ingredients and have been shown to support a healthy inflammatory response.²¹⁻²⁵ These extracts are guaranteed to be free of toxic contaminants, unlike many others on the market, as described in an issue of the *International Journal of Occupational and Environmental Health*.²⁶

BENEFITS:

- Provides the essential building blocks and nutrients for joint repair
- Reduces free radicals and supports a healthy inflammatory
- Turmeric is used in Herbal Medicine as an anti-inflammatory to help relieve joint pain

Medicinal Ingredients (per capsule):

Glucosamine sulfate (2-Amino-2-deoxy-D-glucose sulfate, Glucosamine Sulfate Potassium Chloride, Shrimp-Exoskeleton)	250 mg
MSM (Methylsulfonylmethane, Dimethyl sulfone)	187.5 mg
Vitamin B3 (3-Pyridinecarboxamide, Niacinamide)	125 mg
N-Acetyl-L-cysteine (L-alpha-Acetamido-beta-mercaptopropionic acid)	50 mg
Green-lipped mussel (<i>Perna canaliculus</i> -Meat)	25 mg
Boswellia (<i>Boswellia serrata</i> -Gum oleoresin) (60% Boswellic acids)	18.75 mg
Turmeric (<i>Curcuma longa</i> -Root) (95% Curcuminoids)	18.75 mg
Cetyl myristoleate	12.5 mg
Hyaluronic acid (<i>Streptococcus equi</i> -Bacterial extracellular capsule)	5 mg
Resveratrol (<i>Reynoutria japonica</i> -Root)	2.5 mg
Zinc (Zinc bisglycinate)	2.5 mg
Unhydrolyzed collagen type II (<i>Gallus gallus</i> -Cartilage)	0.5 mg
Copper (Cupric bisglycinate)	0.25 mg
Manganese (Manganese bisglycinate)	0.25 mg
Selenium (Selenomethionine)	25 mcg

Non-Medicinal Ingredients: Hypromellose, microcrystalline cellulose, silicon dioxide, magnesium stearate (vegetable source). **Contains crustaceans and molluscs. Recommended Dose:** Adults: As a source of antioxidants and curcuminoids: Take two capsules twice daily, or as directed by your health care practitioner. Take with meals providing protein a few hours before or after taking other medications. Take with food a few hours before or after taking other medications. Use for a minimum of 1 month to see beneficial effects. For use beyond 3 months, consult a healthcare practitioner.

REFERENCES

For a list of references cited in this document, please visit: http://catalog.designsforhealth.com/assets/itemresources/ArthroSoothe_References.pdf

JointSoothe™

Natural support for joint health

JointSoothe is a potent blend of nutrients, botanical extracts, and other compounds designed to provide ideal nutritional support for joint health. Joints, cartilage, ligaments, tendons and synovial fluid (which surrounds and lubricates joints) undergo a continuous but slow natural regeneration process. This process can be affected by many factors, including diet, activity levels, hormones, stress, aging, immune status, gut health, toxin loads and certain medications. Individuals who experience excessive wear and tear on the joints or who find that the aging process is affecting joint function may benefit from the unique joint-supporting compounds in JointSoothe, as well as supplemental amounts of certain nutrients above that which they would typically get from food alone.

Highlights

- **Glucosamine, Sulfur (MSM), Hyaluronic acid, Copper and Vitamin C** – support the synthesis of collagen, a key structural protein in tendons, cartilage, and ligaments.
- **Boswellia and Turmeric Extracts** – powerful plant extracts, standardized to their active ingredients in order to deliver maximum support for a healthy inflammatory response.
- **New Zealand Green Lipped Mussel** – a unique mussel extract, purified using a proprietary process to preserve and stabilize bioactive compounds which help normalize the inflammatory response in joints and surrounding tissues.
- **Collagen Type II** – the primary type of collagen found in cartilage; provides the basic amino acid building blocks for maintaining healthy cartilage, in a form that is easily recognized and assimilated by the body.
- **N-Acetyl-L-Cysteine, Trans Resveratrol, Zinc, Copper & Manganese** – antioxidants and required cofactors for antioxidant enzymes, which help protect against damaging free radicals in order to support healthy cartilage and joint function.

Recommended Dose: Take four capsules per day with meals, or as directed by your health care practitioner (divided dosing recommended).

Note: Check with your health care practitioner before taking this product if you have a shellfish allergy.

Benefits:

- Provides a comprehensive nutritional support system for healthy joints and cartilage
- Helps to manage a healthy inflammatory response in joint tissue
- Assists in preventing free radicals from affecting joints during normal use



TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (877) 414-9388, OR VISIT US ON THE WEB AT WWW.DESIGNSFORHEALTH.CA