

# Glucosamine & MSM

*Vegetarian and Shellfish Free*



## DESCRIPTION

Glucosamine and MSM formula provides key nutraceuticals to help facilitate cartilage synthesis and stability, support a healthy inflammatory response and provide overall structural support to the joint tissue.

## FUNCTIONS

Glucosamine is a neutrally occurring amino sugar found in glycosaminoglycans, integral components of the proteoglycans found in joint cartilage. Proteoglycans are large carbohydrate rich structures that provide resiliency, load distribution, shock-absorbing, compressive and lubricating properties to joints and connective tissues. The availability of glucosamine is an integral part of the synthesis of glycosaminoglycans and proteoglycans that are necessary during the constant remodeling that aging cartilage undergoes. Thus, the maintenance of healthy aging cartilage may be improved with enhanced deposition of glycosaminoglycans and proteoglycans.

Dietary glucosamine serves as an immediate precursor for glycosaminoglycan synthesis, and also stimulates incorporation of other precursors into the connective tissue matrix. Bioavailability of oral glucosamine sulfate is excellent. It is absorbed intact, and utilized very quickly by all tissues, including connective tissues. Glucosamine sulfate is more efficiently used for connective tissue metabolism than other glucosamine sources, such as cartilage extracts or chondroitin sulfate. In summary, glucosamine sulfate is a well-recognized, highly effective source of glucosamine for glycosaminoglycan and proteoglycan synthesis in all connective tissues, such as cartilage, ligaments, tendons, skin, and bone.

MSM, a derivative of DMSO, is a naturally occurring compound of biologically available sulfur, an indispensable element in human nutrition. As part of the amino acids methionine and cysteine, sulfur is required for the structural integrity and function of almost every protein in the body, as well as the glycosaminoglycans of cartilage and other connective tissue. Dietary MSM serves as a versatile donor of metabolically active sulfur for the synthesis of numerous organosulfur compounds and proteins in the body. As such, MSM helps maintain normal immune response, lung function, connective tissue metabolism, and muscle contraction. MSM occurs naturally in a variety of foods, such as fruits, vegetables, cereal grains, milk, and fish. MSM is very well absorbed by the intestinal tract and rapidly distributed within the body.

## INDICATIONS

Glucosamine and MSM tablets may be a useful nutritional adjunct for individuals who wish to support the structure and function of the body's connective tissues, such as cartilage, bone, tendons, ligaments and skin.

## FORMULA (WW #10333)

### 1 Tablet Contains:

Potassium (as chloride).....	88 mg
Glucosamine sulfate*.....	500 mg
(from 667 mg of glucosamine sulfate potassium chloride)	
MSM (methylsulfonylmethane)**.....	500 mg
Other ingredients: Cellulose, modified cellulose, stearic acid, cellulose gum, magnesium stearate, and silica.	

\*From GlucosaPure™ brand glucosamine sulfate potassium chloride. GlucosaPure™ is a trademark of JFC Technologies and is shellfish free. GlucosaPure™ is the only patented, fully-reacted glucosamine sulfate potassium chloride available (U.S. patent #5,843,923).

\*\*From OptiMSM™, a premium brand of MSM manufactured by Cardinal Nutrition. MSM is a naturally-occurring compound that provides sulfur for many important physiological functions in the human body. OptiMSM™ is the most clinically studied and only patented, pure distilled MSM available.

VEGETARIAN, VEGAN, and SHELLFISH FREE.

This product contains NO sugar, salt, dairy, yeast, wheat, gluten, soy, preservatives, artificial colors or flavors.

## SUGGESTED USE

Adults take 1 tablet, 3 times daily with meals, or as directed by a healthcare professional.

## SIDE EFFECTS

No adverse effects have been reported.

## STORAGE

Store in a cool, dry place, away from direct sunlight. Keep out of reach of children.

Manufactured For:

**Good Life Pharmacy**

125 South 16th St.  
Ord, NE 68862  
308.728.3295