

FEEL BETTER

Natural Remedies



Glucosamine AJF®

Increase Joint Mobility*

Glucosamine AJF (Advanced Joint Formula) is a special formulation of several natural ingredients that have been found to contribute to joint health. Glucosamine stimulates the body's manufacture of collagen, the protein portion of the fibrous substance that holds joints together and provides a shock-absorbing cushion. Chondroitin sulfate is synergistic with glucosamine. The combination is a popular and well-established nutritional formula that millions of people have found to be a beneficial addition to their supplement programs. Devil's claw and shark cartilage extract have also been added. Glucosamine AJF is an exclusive formula and the perfect product to help nourish the skeletal system!*

It's common practice to take for granted how the body accomplishes the demands we place on it until the day that extreme discomfort forces you to evaluate and measure each movement and position. As a person ages, the cartilage that cushions the joints often loses its ability to support healthy cellular growth. In addition, the synovial fluid which lubricates these joints also deteriorates. This condition, called osteoarthritis, often leads to rough bones that rub together and cause distress with every twist or bend.

Over time, the only option you have is to use nonsteroidal anti-inflammatory drugs (NSAIDs). These preparations may cause side effects like slowing down the body's rate of cartilage replacement and actually destroying cartilage.

Other side effects include: gastrointestinal tract damage, hemorrhaging, tinnitus (ringing in the ears), edema (fluid retention) and sometimes kidney and liver damage.

After these products no longer are effective, you can choose to: 1) live with it or 2) undergo radical medical procedures like joint replacement surgery. This is where an orthopedic surgeon replaces your hip or knee with a metal one. The procedure is complicated and the recovery time extensive. Because this is major surgery, you are cautioned by your doctor that you may experience infection, blood clots, pneumonia or other complications following the operation. The bill typically ranges from \$25,000 to \$30,000 for a knee replacement and \$50,000 to \$60,000 for replacing a hip.

In some cases, joint replacement surgery may be the only answer – especially in situations where the cartilage is completely depleted and there are no cells upon which to rebuild. However, modern science has discovered a nutrient that helps address the dilemma of preserving and building healthy joint tissues and fluids. Glucosamine is a necessary nutrient in the production of cartilage and synovial fluid. However, the body's production of it decreases as a person ages, thus inhibiting the new growth of cartilage destroyed through wear and tear.*

Although scientific studies were conducted with glucosamine sulfate, the hydrochloride form is known to be even better assimilated by the body. Glucosamine hydrochloride demonstrates more stability, purity and higher concentration when compared to glucosamine sulfate.*

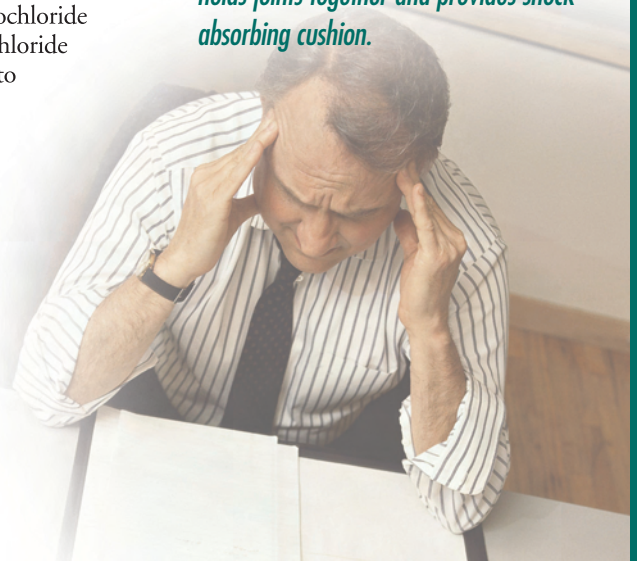


- **Helps maintain and nourish the structural system***
- **Formulated with glucosamine hydrochloride and chondroitin sulfate—the most effective forms of these ingredients***
- **Supports the body's manufacture of collagen***
- **Helps the body protect existing cartilage***

Glucosamine stimulates the body's manufacture of collagen, the protein portion of the fibrous substance that holds joints together and provides shock-absorbing cushion.

- Joint problems evolve over time from lifestyle factors (nutrition, activity, trauma).
- Joint problems rarely develops before the age of forty, but they affect over 80 percent of those past the age of 50.

*-These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Glucosamine AJF®

Increase Joint Mobility*

Supplement Facts

Serving Size: 2 capsules
Servings Per Container: 30

Amount per serving	% Daily value	
Glucosamine Hydrochloride	600 mg	†
Chondroitin Sulfate	300 mg	†
Proprietary Blend		
Devil's Claw Root		†
Shark Cartilage Extract		†
† Daily Value not established		

Promotes normal, healthy joint and spine function.*

NOTE: Individuals with sugar sensitivities should consult a health care practitioner before taking this product.

Research Brief

Moveable (synovial) joints in the skeletal system are characterized by the presence of a cushioning layer of cartilage on the ends of where the bones meet. This cartilage layer reduces the friction between the bones and allows for easier movement of the joint. Cartilage is a tough but resilient connective tissue that is constantly rebuilding to compensate for the mechanical stresses put on the joint. In addition, the joint is surrounded by tough layers of connective tissue that hold the joint together and also secrete a fluid that bathes the cartilage pads to reduce friction further. However, accumulated wear and tear on the joints results in the breakdown and thinning of the cartilage, causing pain, inflammation and loss of motion.* Cartilage is composed of molecules known as proteoglycans, which are deposited within a matrix of collagen fibers. This complex traps water and helps give cartilage its flexibility, resiliency and resistance to compression. Proteoglycans are a combination of protein and carbohydrate molecules. The most important of these is glucosamine, an amino-sugar. Higher levels of glucosamine within the cartilage-producing cells (chondrocytes) is critical for production of adequate amounts of proteoglycans. Chondroitin is another molecule that is involved in the production of proteoglycans.*

Frequently Asked Questions

- Q** What is the glucosamine in this product derived from?
A The glucosamine is derived from chitin.
- Q** Will the glucosamine build up in my body?
A Glucosamine is water soluble, so it is eliminated daily.

References

Brooks PM, Potter SR, and Buchanan WW. NSAID and osteoarthritis – help or hindrance. *J.Rheumatology* 9:3-6, 1982.

Shield MJ. Anti-inflammatory drugs and their effects on cartilage synthesis and renal function. *Eur J. Rheum Inflamm* 13:7-16, 1993.

*-These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.