



Naturemedies UK, EU & USA. A brand of E-Macro Initiatives
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Naturemedies Joint&Bones Natural Boost

JOINTS AND CONNECTIVE TISSUE FORMULA



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Naturemedies Joint&Bones Natural Boost has been formulated to provide a tailored combination of glucosamine HCl, methylsulphonyl methane (MSM), vitamin C and other herbal and food-based ingredients, including: turmeric root (with curcumin), nettle leaf, Montmorency cherry, Korean panax ginseng, apple cider vinegar powder, bromelain, horsetail herb, kelp, papain, rosehip and ginger root - all in one formula.

Only the highest grade glucosamine HCl is used in the formula - the HCl form of glucosamine is the most bioavailable (easily absorbed and utilised).

This combination food supplement offers specific support for collagen formation, as well as the normal function of cartilage and bones. Collagen is a structural protein found in several connective tissues in the body including bones, cartilage, gums, skin, tendons and blood vessels.

Approved EFSA health claims:

Vitamin C is a co-factor for collagen synthesis. It contributes to normal collagen formation for the normal function of blood vessels, bones, cartilage, gums, skin and teeth. It also contributes to maintaining the normal function of the immune system, as well as normal energy-yielding metabolism, normal functioning of the nervous system, normal psychological function, protection of cells from oxidative stress, the reduction of tiredness and fatigue, the regeneration of the reduced form of vitamin E and increases iron absorption.

Glucosamine HCL: Glucosamine is an essential part of the building material for joints and the cellular 'glue' that holds the entire body together. Joint cartilage contains the highest concentration of glucosamine. Many researchers now feel that glucosamine hydrochloride may be the best form, because it has a slightly higher concentration in the molecule (83% versus 80% for glucosamine sulfate) and has better stability. The glucosamine HCL present in the Naturemedies Joint&Bones Natural Boost joint support formula is from vegan sources and is also in bioavailable food form, for maximum absorption and utilisation by the body.

MSM: MSM stands for Methylsulphonyl Methane, which is a source of the essential mineral sulphur. Sulphur is involved in a multitude of key functions in the body, including pain control, regulation of inflammation, detoxification and tissue building. In many cases, joint pain is due to pressure changes in cells, which in turn affects the nerves that sense pain. If cells inflate as a result of excess build-up of fluid or a drop in the pressure surrounding them, the nerves register pain. MSM may support cell-membrane fluidity.

Rosehip and Montmorency cherry: Montmorency cherries (also known as "sour cherries" or "tart cherries"), are considered to be a superfruit because they are packed with nutrients, including potent antioxidants and flavonoids. They have been used as a herbal remedy for centuries. For instance, the cherry (either as bark, root or fruit) has been used by Native Americans as natural pain relievers. Similarly, rosehip is a fruit that is naturally high in the potent antioxidant, vitamin C. Antioxidant nutrients support lower levels of inflammation in the body.

Nettle leaf: Nettles are naturally high in chlorophyll (a powerful phyto-chemical), vitamin C (a potent antioxidant), serotonin, histamine, acetyl-choline and beneficial minerals including iron, calcium and silica.

Ginger and turmeric: Both turmeric and ginger are herbs that act to naturally support lower levels of leukotrienes that cause pain and

inflammation in the body. The bright yellow pigment of the spice turmeric also contains the active compound curcumin, while ginger is rich in antioxidants.

Korean panax ginseng: Panax ginseng, also known as Asian ginseng or Korean ginseng, is a species of plant whose root is the original source of ginseng. It is a perennial plant that grows in the mountains of East Asia. It contains two significant compounds: ginsenosides and gintonin. These compounds complement one another to provide a range of potential health benefits, such as antioxidant activity and anti-inflammatory actions.

Apple cider vinegar: Experts suggest that joint pain and arthritis may be linked to toxins accumulating in the joints, since metabolic waste is often stored in connective tissues. At the same time, people with joint pain tend to avoid physical activity, which may result in an even higher toxic load. The pectin in apple cider vinegar may help to absorb toxins and move them out of the system, while the acids may support detoxification of the body.

Bromelain: Bromelain is an enzyme derived from pineapple juice. It supports lower levels of inflammation in the body, by stimulating the production of plasmin (a compound in the body that breaks down fibrinogen - a substance involved in localised swelling). What's more, it does so without triggering the gastrointestinal distress so often associated with nonsteroidal anti-inflammatory drugs (NSAIDs). Bromelain is also growing in popularity among athletes who suffer frequent wear-and-tear injuries.

About the ingredients cont

Horsetail: This common herb supports calcium absorption and utilisation and is rich in silica and mineral salts (including potassium, manganese, magnesium, sulphur and calcium) in support of bones and connective tissues. A deficiency in silica tends to precede the calcium loss that causes demineralisation of bones.

Kelp: Kelp may be useful where joint pain has resulted from toxin build-up in the body. It is a powerful detoxifier, infusing the body with alginates that bind with toxic chemicals and allow you to pass them safely through the digestive tract.

Papain: Papain is a non-animal enzyme derived from the papaya fruit, which assists in the process of digestion. Arthritis Today, the consumer health magazine published by the Arthritis Foundation, states that papain is beneficial to those who suffer from either inflammatory or non-inflammatory types of arthritis. The inflammatory, or rheumatoid type, may benefit from papain supplements through an increase in the body's own analgesia, quick recovery from injury and a reduction in circulating cellular attacks that lead to a painful inflammatory state. Non-inflammatory, or osteoarthritis, can benefit from papain's ability to help remove the cellular waste products that build up in the joints.

Vitamin C: Vitamin C (in the form of ascorbic acid) has been added to this formula because it is a co-factor for collagen synthesis. It contributes to normal collagen formation for the normal function of blood vessels, bones, cartilage, gums, skin and teeth. It also contributes to maintaining the normal function of the immune system, as well as normal energy-yielding metabolism, normal functioning of the nervous system, normal psychological function, protection of cells from oxidative stress, the reduction of tiredness and fatigue, the regeneration of the reduced

form of vitamin E and increases iron absorption.

More about joint health

Bones and joints are continually in use and can be placed under strain by any number of factors, including: injury, repetitive strain, age, hormonal imbalance, high homocysteine, sports, inflammation (e.g. as a result of allergies and sensitivities of the immune system or infection), diet (e.g. a diet high in acid-forming foods, such as dairy and animal protein) and medical conditions, such as arthritis and osteoporosis. In fact, by age 60, 9 in every 10 people have arthritis.

Whatever the cause, once arthritis develops there is usually inflammation, causing pain, redness and swelling. Plus, the epidemic of osteoporosis (particularly prevalent during the menopause) has made many women think seriously about the health of their bones. It is the silent 'thief' that robs up to 25% of the skeleton by the time the sufferer reaches the age of 50. It also increases the risk of bone fractures, which occur in 1 in 3 women and 1 in 12 men by the age of 70.

Not many people think about nourishing their skeleton. However, our bones, just like every other part of our body are continually being rebuilt. They are structures of protein and collagen, which collect mainly calcium, plus phosphorus and magnesium.

Naturemedies Joint&Bones Natural Boost is a joint, collagen, bone, cartilage and all-round flexibility support formula, which contains a special blend of food-based and herbal ingredients.

Usage:

Take 1 capsule, 2 to 3 times per day, preferably with food.



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