



Manufacturers of  
Hypo-allergenic  
Nutritional  
Supplements



# Glucosamine + Chondroitin with Manganese

INTRODUCED 2001

## What Is It?

Glucosamine and chondroitin sulfate are combined with manganese to provide support for optimal cartilage matrix composition, connective tissue strength, and joint comfort.\*

## Uses For Glucosamine + Chondroitin with Manganese

**Cartilage Composition:** Glucosamine promotes the synthesis of the glycosaminoglycan chondroitin sulfate. Chondroitin sulfate is responsible for building the ground substance of cartilage, molecules known as proteoglycans. Studies have indicated that glucosamine HCl has the ability to support healthy cartilage integrity, in part by maintaining healthy matrix metalloproteinase (MMP) enzyme activity. The trace mineral manganese plays a key role in supporting glycosaminoglycan and mucopolysaccharide production and encourages the antioxidant activity of superoxide dismutase. Ascorbate is a vital nutrient for proper collagen formation and also serves as an antioxidant.\*

**Joint Motility and Function:** Several studies suggest that the combination of glucosamine HCl, chondroitin sulfate and manganese ascorbate may provide particular support for joint mobility and comfort.\*

## What Is The Source?

Glucosamine HCl is derived from crab and shrimp. Chondroitin sulfate is derived from bovine cartilage. Manganese is derived from earthen ore. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

## Recommendations

Pure Encapsulations recommends:

- Initial dose: 3 capsules per day, in divided doses, with meals, for 2-3 weeks.
- Maintenance dose: 2 capsules per day, in divided doses, with meals.


## Are There Any Potential Side Effects Or Precautions?

Rarely, ingredients in this formula have caused mild gastrointestinal symptoms, such as abdominal bloating, diarrhea or nausea. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

This product may be contra-indicated with certain blood thinning medications. Consult your physician for more information.

### Glucosamine + Chondroitin with Manganese

each vegetable capsule contains		00
glucosamine HCl (crab, shrimp)	.....	500 mg
chondroitin sulfate (bovine)	.....	400 mg
manganese (ascorbate)	.....	5 mg
vitamin C (as ascorbyl palmitate)	.....	5 mg
<b>Initial dose: 3 capsules per day, in divided doses, with meals, for 2-3 weeks</b>		
<b>Maintenance dose: 2 capsules per day, in divided doses, with meals.</b>		

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

For educational purposes only. Consult your physician for any health problems.



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