

CHONDRO-FLX



RECOMMENDED USE

- Helps to relieve joint pain associated with osteoarthritis
- Helps to protect against the deterioration of cartilage

MUSCULOSKELETAL HEALTH

Chondro-Flx combines glucosamine sulfate, chondroitin sulfate, vitamin C and bromelain, all of which have demonstrated in research to support joint health. As the key precursors to cartilage formation, the ingredients in Chondro-Flx provide full support for joint integrity and help relieve joint pain associated with osteoarthritis.

Overview

Cartilage is composed of collagen fibers that impart tensile strength, and proteoglycan molecules (especially chondroitin) that serve as a cushion for joint impact. Proteoglycan molecules are made of a linear core protein with several hundred molecules of glycosaminoglycans and the protein's core molecules are attached to a hyaluronic acid framework. Lifestyle factors and age can both contribute to a breakdown of healthy cartilage and lead to discomfort, which can lead to nutrient and fluid deprivation of the affected articular cartilage. The ingredients in Chondro-Flx addresses one of the most common causes of joint pain, which is osteoarthritis, by providing the precursor glucosamine, which helps to protect against the deterioration of cartilage.

Glucosamine

Glucosamine sulfate (GS) is a naturally occurring, joint-supporting compound. As a precursor to the primary building blocks of joint tissue (glycolipids, glycoproteins, hyaluronate, and proteoglycans) it is an important starting point for cartilage synthesis. Meta-analyses have long confirmed positive trends for the use of glucosamine.¹⁻³ In an early double-blind, placebo-controlled trial (80 subjects, half received 1.5 g of

glucosamine sulfate in three divided doses, and the other half received placebo), those given glucosamine had double the joint health benefits compared with placebo (71% vs 41%).⁴ In a double-blind trial of 178 patients with joint discomfort, 1,500 mg of glucosamine sulfate led to significant improvement in joint health after four weeks and continued to maintain joint benefits two weeks after treatment was stopped.⁵ Lastly, a 2013 study of data from a French database of 11,772 adults taking a glucosamine supplement showed a significant positive effect in joint health, functional limitation and quality of life.⁶

Chondroitin Sulfate as CS b-Bioactive®

As the major glycosaminoglycan associated with articular cartilage, chondroitin sulfate (CS) is designed to draw water into the joint tissues and hydrate them, allowing for compression when pressure is put on the joint and to rehydrate when the pressure is released. There is a growing body of research supporting the benefits of chondroitin for joint discomfort. The MOSAIC study, a 24-month multi-center, randomized, double-blind, controlled and comparative study carried out in five medical centers in Quebec, looked at structural changes in patients' knees. One hundred ninety-four patients were evaluated on standard joint function and joint symptom scales, and underwent three MRI scans: one at the beginning of the study, a second one after one year and a third one at the end of the study. The study looked at the effects of CS b-Bioactive® (1,200 mg/day) on functional scores and cartilage volume in knee after 24 months. The MOSAIC study found that CS b-Bioactive® was efficient across the entire study, reaching a clinically relevant improvement.⁷ A review of

seven clinical trials (327 total patients in which CS was compared with placebo for 120 days or more) revealed it to be significantly superior to placebo.⁸ Key research in the use of chondroitin sulfate confirmed the use for knee^{7-10,12} and finger joint benefits.¹¹ A one-year, randomized, double-blind, placebo controlled study of patients with knee discomfort showed a significant positive effect in joint health in patients taking CS (800 mg/day) compared to placebo.¹²

Recommended Dose

Adults: Take 1 capsule 4 times per day with food. For joint benefit, use for a minimum of 4 weeks to see beneficial effects. For prolonged use, consult a health care practitioner.

Medicinal Ingredients (per capsule)

Vitamin C (Ascorbic acid USP)	20 mg
Glucosamine sulfate (Glucosamine sulfate	
potassium chloride USP, Crab and Shrimp, Exoskeleton)	400 mg
Chondroitin sulfate (<i>Bos taurus</i> , Cartilage)	275 mg
Stem bromelain (<i>Ananas comosus</i> var. <i>comosus</i> , Stem)	540,000 FCC PU (15 mg)

Non-Medicinal Ingredients

Gelatin, Magnesium stearate.

Risk Information

If you are pregnant or breastfeeding, have a gastrointestinal lesion/ ulcer, are taking an anticoagulant/ blood thinner, anti-inflammatory or antibiotic, or are having surgery, consult a health care practitioner prior to use.

Consult a health care practitioner if joint pain symptoms worsen.

Hypersensitivity/allergy has been known to occur; in which case, discontinue use.

Nausea, vomiting, and diarrhea have been known to occur, in which case discontinue use (and consult a health care practitioner).

To be sure this product is right for you, always read and follow the label.

References

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ID# 537090CAN 90 Capsules