



NUJOINT Forte 1000 -Glucosamine 500mg + Chondroitin 200mg+ MSM 300mg Tablet

INDICATED CLAIMS:

- Helps to relieve joint pain associated with osteoarthritis.
- Helps to relieve pain associated with osteoarthritis of the knee.
- Helps to protect against the deterioration of cartilage.
- A factor in maintaining healthy cartilage and /or joint health.
- Effective in reducing joint pain.
- Protects against the deterioration of cartilage from chronic joint diseases.

GENERAL INFORMATION

Glucosamine is an amino monosaccharide found in chitin, glycoproteins and glycosaminoglycans (formerly known as mucopolysaccharides) such as hyaluronic acid and heparan sulfate. Glucosamine is also known as 2-amino-2-deoxyglucose, 2-amino-2-deoxy-beta-D-glucofuranose and chitosamine.

Glucosamine is available commercially as a nutritional supplement in three forms: glucosamine hydrochloride or glucosamine HCl, glucosamine sulfate and N-acetylglucosamine. The glucosamine used in supplements is typically derived from marine exoskeletons. Synthetic glucosamine is also available.

Chondroitin sulfate belongs to a family of heteropolysaccharides called glycosaminoglycans or GAGs. Glycosaminoglycans were formerly known as mucopolysaccharides. GAGs in the form of proteoglycans comprise the ground substance in the extracellular matrix of connective tissue. Chondroitin sulfate is made up of linear repeating units containing D-galactosamine and D-glucuronic acid. Chondroitin sulfate is found in humans in cartilage, bone, cornea, skin and the arterial wall. This type of chondroitin sulfate is sometimes referred to as chondroitin sulfate A or galactosaminoglucuronoglycan sulfate.

For Accidental Overdose (such as child ingesting formula)

Please dial your Local Emergency number or visit your nearest Health Care professional

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Chondroitin sulfate C, primarily found in fish and shark cartilage, but also in humans, is also made up of linear repeating units of D-galactosamine and D-glucuronic acid.

Chondroitin sulfate C is sometimes called chondroitin 6-sulfate. Chondroitin sulfate B is also known as dermatan sulfate. It is abundant in skin and is also found in heart valves, tendons and arterial walls.

The source of chondroitin sulfate used in nutritional supplements includes the cartilaginous rings of bovine trachea and pork byproducts (ears and snout). Shark cartilage and whale septum cartilage have also been used to obtain chondroitin sulfate. Chondroitin sulfate supplements are usually isomeric mixtures of chondroitin sulfate A(chondroitin 4-sulfate) and chondroitin sulfate C(chondroitin 6-sulfate).

The Possible actions of orally administered chondroitin sulfate include promotion and maintenance of the structure and function of cartilage (referred to as chondroprotection), pain relief of osteoarthritic joints and anti-inflammatory activity.

Methylsulfonylmethane, abbreviated MSM, is an organic sulfur-containing compound that occurs naturally in a variety of fruits, vegetables, grains and in animals, including humans in at least trace amounts. MSM has also been found in such plants as *Equisetum arvense*, also known as horsetail. MSM is a water-soluble, solid compound. It is also known as dimethyl sulfone, DMSO₂, sulfonylbismethane and methyl sulfone. Known hypersensitivity to an MSM-containing product. Claims for MSM include pain relief, particularly in arthritis, immune modulation in autoimmune disorders, muscle repair, and sleep aid and diabetes therapy.

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Product information

Available as 90 tablets , Each tablet contains:

Glucosamine sulfate 500mg (glucosamine sulfate potassium chloride, from exoskeleton of shrimp),Chondroitin sulfate 200mg (chondrotin sulfate derived from cartilage of bovine), MSM Methylsulfonylemethane 300mg

Non-medicinal ingredients: Microcrystalline Cellulose, Colloidal Silicon Dioxide, Magnesium Stearate, Hydroxypropyl methylcellulose(Clear Coating), Carnauba Wax and purified water.

Directions for use: take 1 caplet 3 times a day with food or as directed by a health care practitioner.

Benefits:

- Reduces severity of joint and bone pain associated with osteoarthritis
- Helps to relieve the pain associated with osteoarthritis
- Factor in the building of healthy cartilage
- Protects against the deterioration of healthy cartilage
- Effective in reducing joint pain

CONTRAINDICATIONS

Known hypersensitivity to glucosamine and Chondroitin sulfate-containing product

WARNINGS AND PRECAUTIONS

Glucosamine may increase insulin resistance. Glucosamine increases insulin resistance in normal and experimentally diabetic animals. In these animals, intravenous glucosamine significantly decreases the rate of glucose uptake in skeletal muscle. In animals given oral glucosamine, this is not observed.

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Those with type 2 diabetes and those who are overweight and have problems with glucose tolerance should have their blood sugars carefully monitored if they use glucosamine supplements. Because of insufficient safety data, children, pregnant women and nursing mothers should avoid using glucosamine Chondroitin sulfate and MSM. There is theoretical possibility that Chondroitin sulfate may have antithrombotic activity, those taking warfarin and those with hemophilia should exercise caution in its use. Those who need to restrict their salt intake should, if they use Chondroitin sulfate, use salt-free preparations.

ADVERSE REACTIONS

Side effects that have been reported are mainly mild gastrointestinal complaints such as heartburn, epigastric distress and diarrhea. No allergic reactions have been reported including sulfa-allergic reactions to glucosamine sulfate.

About Chondroitin Side effects that have been reported are mostly of the mild gastrointestinal variety, such as epigastric distress, nausea and diarrhea. No sulfa-allergic reactions or other allergic reactions have yet been reported.

About MSM reported adverse reactions include nausea and headache.

INTERACTIONS

Glucosamine may increase insulin resistance and consequently affect glucose tolerance. Diabetics who, under medical advisement, decide to use glucosamine supplements will need to monitor their blood glucose and may need to adjust the doses of the medications they take to control blood glucose. This needs to be done under medical supervision. No other drug, nutritional supplement, food or herb interaction is known.

About Chondroitin There are no known drug, nutrient, food or herb interactions. Chitosan may form complexes with Chondroitin sulfate decreasing its absorption. Therefore, Chondroitin sulfate should not be used concomitantly with chitosan. About MSM reported adverse reactions include nausea, diarrhea and headache.

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