

GLUCOSAMIN COMPLEX capsules

Glucosamine + Chondroitin + MSM + hyaluronan

REBUILDS THE JOINTS

Average net mass of 1 capsule: 545 mg

Content	1 capsule contains	RDI% (recommended daily intake)
Glucosamine sulfate (herbal)	350 mg	/
Chondroitin sulfate	100 mg	/
Hyaluronic acid (sodium hyaluronate)	25 mg	/
MSM (methyl sulfonyl methane)	10 mg	/
Vitamin C (L ascorbic acid)	30 mg	37,5
Nutritional information	1 capsule contains:	100 g of product contains:
Energetic value kcal (kj)	1,53/6,44	280/1181
Fats (g)	<0,01	0,68
Proteins (g)	0,18	33,34
Carbohydrates	0,15	28,42
Dietary fibers	0,06	12,17

Other Ingredients: Aromatic, Anti-grinding: E 460i, E470b, E551. PDU - recommended daily intake Dietary product, dietary supplement

Glucosamin Complex contains a combination of 4 basic principles that are used as an aid in hardened and painful joint movements: glucosamine sulfate, chondroitin sulfate, MSM and hyaluronic acid.

By joint action, they contribute to the recovery and formation of cartilage, the preservation and improvement of joint movement, as well as to their regeneration.

Cartilage is a smooth, sliding material that allows the two bones in the joint to slide one over the other and thus secure the movement. Reduced cartilage elasticity leads to the development of symptoms of pain, inflammation, and poor mobility. These problems are an integral part of aging, but also occurs in young people because of the increased load of joints, excessive body weight or inherited tendencies.

Glucosamine sulfate stimulates the incorporation of sulfur into cartilage and synovial fluid.

Sulfate is used to build glucosamine glycol that stimulates the joints flexibility and allows firm adhering between the bones of the joints. Glucosamine glycogen increases the elasticity of the joint, which is especially important for the elderly population. Results are re-synthesis of damaged or worn cartilage, reducing further destruction and degradation. This leads to increased joint mobility and pain relief.

Chondroitin enters the cartilage, connective tissue placed in the joint.

It contributes to preservation of the cartilage by absorbing water into the connective tissue and thereby lubricates and stabilizes the cartilage, enhancing its flexibility and pressure resistance. Chondroitin sulfate, by blocking certain enzymes, prevents wear of the joint cartilage. Chondroitin reduces the pain in osteoarthritis and slow down the process of disease.

MSM - methyl sulfonyl methane affects the strength and stability of the connective tissue, helps the function of the joints and is a source of sulfur which is of great importance for the bones. Without this compound, the incorporation of the amino acid into the protein binding molecule is impaired. MSM affects the increase in synovial fluid in the joints and protects the cartilage from damage. It significantly reduces the joint swelling that causes pain. MSM as a source of sulfur, provides the beneficial effect of sulfur in rheumatic disorders and stiffness.

Hyaluronic acid is involved in cartilage building. In chronic inflammatory processes (osteoarthritis), hyaluronic acid decomposition and cartilage degradation occur. Hyaluronic Acid It is an integral part of collagen of all tissue in the body - cartilage, muscle tissue, tendon, ligament and skin. It lubricates and maintains the healthy function of the joints by increasing the viscosity of the synovial fluid in the joints, making the cartilage between bones more elastic.

RECOMMENDED FOR:

- As a help in damaged and painful joints
- For improvement of joints mobility and elasticity
- In hardened mobility
- For the cartilage re-building and regeneration
- For elder people
- For athletes to protect joints and faster recovery after injuries
- For healthy joints, bones, ligaments and tendons
- At increased load of the joints (hard physical work, sport, overweight)

How to use:

It is recommended to use it 2-3 times a day: with a glass of water to drink 1-2 capsules

4 capsules daily max.

For even better results, use it with Glucosamin complex gel

Remark:

Recommended daily dosage must not be exceeded.

Diet supplements are not replacement for balanced and diverse nutrition

Special Warnings: Use of this product is not recommended for persons under 18 years of age, pregnant women and nursing mothers. Caution is needed in people with diabetes because of potential glucosamine influence on sugar regulation.

Shellfish allergy sufferers should not use this product.

Method of storage: Keep at temperatures up to 25 ° C, out of the reach of children.

Packaging: 30 capsules x 545 mg

Shelf life: 3 years

Manufacturer: ESENSA d.o.o. Slobodna zona Beograd (Belgrade) Viline vode bb, the Republic of Serbia