

GLUCOSAMIN COMPLEX powder

Glucosamine + Chondroitin + MSM + hyaluronan

FOR HEALTHY JOINTS

Glucosamin Complex powder contains a combination of 4 basic principles: glucosamine sulfate, chondroitin sulfate, MSM and hyaluronic acid, that are very important for recovery and formation of cartilage, joints mobility as well as for their regeneration. It is recommended for the persons suffering of hardened and painful mobility of joints.

Average mass of one pouch: 4g

Content	1 pouch contains	RDI% (recommended daily intake)
Glucosamine sulfate (herbal)	1200 mg	/
Chondroitin sulfate	400 mg	/
Hyaluronic acid (sodium hyaluronate)	100 mg	/
MSM (methyl sulfonyl methane)	50 mg	/
Vitamin C (L ascorbic acid)	50 mg	62,5

*RDI- recommended daily intake

Other Ingredients: Anti-grinding: E470b, E551; E420, aroma, acid :E 330 - Dietary product, dietary supplement with a sweetener

Nutritional information	100 g of the product contains:	1 pouch contains:
Energetic value kcal (kj)	1412 (333)	56,48 (13,32)
Fats (g)	67,79	2,71
Proteins (g)	0,52	0,02
Carbohydrates	11,24	0,44
Dietary fibers	6,21	0,24

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:

Content of the pouch to dissolve in 100 ml of warm water followed with gently mixing. It is recommended to use 1 pouch of Glucosamine complex powder per day.

Remark:

Recommended daily dosage must not be exceeded.

Diet supplements are not replacement for balanced and diverse nutrition.

Excessive use can cause a laxative effect.

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 be allowed to use this product.

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

Packaging: 30 pouches x 4 g

Shelf life: 3 years

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