

Arthro-Mend w/MSM



DESCRIPTION:

The problem of bone and joint disorders had become so prevalent that the United Nations (UN) and the World Health Organization (WHO) have proclaimed the years 2000 through 2010 as the "Bone and Joint Decade."

Osteoarthritis affects an estimated 60 million people in this country. Non-steroidal anti-inflammatory drugs (NSAID's) have been the drugs of choice for joint pain and inflammation. They are among the most widely used drugs on the market. NSAID's have known side effects such as stomach irritation, ulcers, gastrointestinal hemorrhaging, liver and kidney damage, and skin rashes. There is also concern over NSAID's destruction of cartilage and belief that they may accelerate the arthritis process.

ACTIVES:

Glucosamine – 1. Stimulates the formation of connective tissue that give cartilage its tensile strength. 2. Is a precursor to hyaluronic acid and chondroitin sulfate, substances that give cartilage resilience.^{1,2}

Chondroitin Sulfate – A proteoglycan that is responsible for lubricating joint tissues giving them resilience and flexibility.³

DL-Phenylalanine – Aids chronic pain sufferers by preventing the destruction of endorphins and enkephalins, the body's pain fighting hormones.

MSM- Arthritic patients taking MSM reported long lasting relief from pain and stiffness as well as reduced swelling and inflammation. MSM is necessary for collagen synthesis, increases blood circulation, and speeds healing.

Dr. Stanley Jacobs, M.D., the author of The Miracle of MSM states that **glucosamine sulfate works better with MSM.**⁴

Boswellin® (Boswellia serrata)- The therapeutic action of Boswellin® includes:

- Reduction in joint swelling
- Increased mobility
- Steroid sparing action
- Amelioration of morning stiffness
- General improvement in quality of life

The boswellic acids in Boswellin® were found to have a unique dual inhibitory action on two pro-inflammatory enzymes, 5-lipoxygenase and HLE (Human Leucocyte Elastase). Recent studies show that only the B-Boswellic acids are effective anti-inflammatory components. HPLC analysis of Boswellin® shows it to consistently have higher amounts of B-Boswellic acids than other *Boswellia serrata* extracts.^{5,6,7}

Dr. Vladimir Badmaev, M.D., Ph.D., advises the use of boswellia and glucosamine together. "Although the mechanisms of boswellia acids and glucosamine are different, they support each other's actions and combined, may offer more efficient management of arthritis."

90 tablets per bottle

One tablet provides:

Vitamin C (ascorbic acid)	100 mg
Zinc (zinc amino acid chelate**)	10 mg
Manganese (amino acid chelate**)	15 mg
Glucosamine Sulfate	250 mg
Methylsulfonylmethane (MSM®)***	250 mg
Boswellin®* (Boswellia Serrata gum Extract 65%)	100 mg
Chondroitin Sulfate	100 mg
DL-Phenylalanine	60 mg
Calcium (Hydroxyapatite)	25 mg

Other ingredients: Cellulose, Vegetable Stearate and Silica.

* Boswellin is a registered trademark of the Sabinsa Company.

** U.S. Patent Number 4,599,152 Albion Laboratories.

*** MSM® is the registered trademark for licensed methylsulfonylmethane, a naturally-occurring source of fundamental dietary sulfur.

CLINICAL INDICATIONS:

- Osteoarthritis
- Degenerated Disks

SUGGESTED USAGE:

Take 2 tablets 3 times daily with meals for 60 days. Then take 1 tablet 3 times daily with meals.

CONTRAINDICATIONS: Sulfur Sensitivity

DRUG INTERACTIONS:

MAO Inhibitors & Neuroleptic Drugs

REFERENCES:

1. Drovanti A, Bignamini AA, Rovati AL. Therapeutic activity of oral glucosamine sulfate in osteoarthritis, a placebo-controlled double-blind investigation. *Clin Ther*. 1980; 3:260-272.
2. Leffler CT, Philippi AF, Leffler SG, et al. Glucosamine, chondroitin, and manganese ascorbate for degenerative joint disease of the knee or low back: a randomized double-blind, placebo-controlled pilot study. *Mil Med*. 1999; 64:85-91.
3. Leffler CT, Philippi AF, Leffler SG, et al. Glucosamine, chondroitin, and manganese ascorbate for degenerative joint disease of the knee or low back: a randomized double-blind, placebo-controlled pilot study. *Mil Med*. 1999; 64:85-91.
4. *The Miracle of MSM: The Natural Solution for Pain* by Stanley W. Jacob, M.D., Ronald M. Lawrence, M.D., Ph.D., and Martin Zucker.
5. *RRL Newsletter, Jammu, India*, (1982), 9(3)
6. *Annual Report, Regional Research Laboratory, Jammu, India* (1987-88), pp1-2.
7. Ammonm, H.P.I, Mack, T., Singh, G.B., Safayhi, H. (1991) Inhibition of leukotrienes B4 formation in rat peritoneal neutrophils by an ethanolic extract of the gum resin exudates of *Boswellia serrata*. *Planta Med*. 57 (3), 203-7.

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