

THIS INFORMATION IS PROVIDED FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ONLY. THIS INFORMATION IS INTENDED FOR PHYSICIANS AND OTHER LICENSED HEALTH CARE PROVIDERS TO USE AS A BASIS FOR DETERMINING WHETHER OR NOT TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. THIS MEDICAL AND SCIENTIFIC INFORMATION IS NOT FOR USE BY CONSUMERS. THE DIETARY SUPPLEMENT PRODUCTS OFFERED BY DESIGNS FOR HEALTH ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL CONDITION.

ArthroSoothe - Nutritional Support for the Joints

Designed with a "Science First" philosophy *by* health care practitioners *for* health care practitioners

references	joint components	reduce auto-immune rxn.	anti-inflammatory	antioxidant	ArthroSoothe Ingredients • Mechanisms of Action
1	X		X		Glucosamine Sulfate (1000 mg): Shown to prevent the narrowing of the joint spaces and even increase it, shown in research to improve Osteoarthritis even better when combined with MSM.
1	X				Methylsulfonylmethane (MSM) (750 mg): Source of sulfur for making collagen, known to reduce pain and inflammation by blocking C fibers and reducing histamine release
6,7	X			X	Hyaluronic Acid (20 mg): Lubricates and protects the joints, allows for smoother joint motion
8,17				X	Zinc (as Zinc Chelazome® Bis-Glycinate Chelate) (10 mg): Needed for manufacture and maintenance of healthy cartilage, helps support activity of the inflammation-fighting enzyme superoxide dismutase (SOD). This enzyme is found in inflamed joints where it neutralizes free radicals. Zinc deficiency allows accelerated joint degeneration.
5,6,16		X	X		Vitamin B3 (as Niacinamide) (500 mg): Inhibits IL-1 and PARP (poly ADP ribose polymerase) which keeps the immune system from attacking its own joint tissue
6				X	Selenium (as Selenomethionine) (200 mcg): Helps make glutathione, a potent antioxidant
9,15				X	Copper (1 mg): Cofactor in collagen synthesis (the fibers that compose ligaments, tendons and cartilage) and activation of the antioxidant enzyme copper-SOD
10				X	Manganese (as Manganese Chelazome® Bis-Glycinate Chelate) (1 mg): Supports activity of the antioxidant enzyme manganese-SOD and the enzymes galactose transferase and glycosyl transferases, which are important for growth and maintenance of connective tissue, cartilage, and bone.
5		X	X	X	N-Acetyl L-Cysteine (NAC) (200 mg): An antioxidant that reduces expression of the inflammatory enzyme COX2 and cytokine NFKb
11,18			X		GlycoMarine™ (Green Lipped Mussel) (100 mg): Protects stomach from NSAID damage. Patients in GlycoMarine™ studies with joint pain and stiffness responded well to treatment.
3			X		Boswellia (Boswellia serrata)(resin) [standardized for 60% Boswellic Acid] (75 mg): Inhibits lipooxygenase (LOX) enzyme
2,3			X	X	Turmeric (Curcuma longa) [standardized to contain 95% Curcuminoids] (75 mg): Inhibits LOX, COX1, COX2, reduces expression of COX2 and iNOS by inhibiting NFKb. Also an antioxidant.
4		?	X		Cetyl Myristoleate (CMO) (30 mg): Shown to improve knee function in patients with osteoarthritis
2			X	X	Resveratrol (Polygonum cuspidatum) [standardized for 20% Resveratrol] (3 mg): Powerful antioxidant, reduces COX2 enzyme and cytokine NFKb
12,19-21		X			Collagen Type II (2 mg): Rats with intestinal lesions had less arthritis symptoms when given Collagen II

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