

# ArthroSoothe



## Nutritional Support for the Joints

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.

**A**rthroSoothe gives achy joints the nutrition they need to repair, stay lubricated, rid fluid that results in swelling, move freely, and function at their best. The end result is.....less missed activities and less pain. ArthroSoothe was designed with a "Science First" philosophy *by* health care practitioners *for* health care practitioners with *your* patients' well-being in mind.

This nutritional formula:

- Gives the body all necessary building blocks and nutrients for repair.
- Reduces free radicals and inflammation which should lessen wear and tear on the joints and in-between spinal vertebrae.
- Reduces the potential for the body to attack its own joint tissue.

Joints, cartilage, ligaments, tendons and synovial fluid (for joint lubrication) undergo a continuous but slow turnover and remodeling process. This is affected by many physiological factors such as diet, supplements, activity, stress, gut health, allergies, immune status, infections, aging, hormones, toxic load and/or various medications. The continuous repair of joints and tissue depend on these nutrients: glucosamine, sulfur (MSM), hyaluronic acid, copper and vitamin C for collagen synthesis (found in tendons, cartilage, ligaments). Exercise should be emphasized because it improves blood and lymph circulation. This enables the nutrients to reach the target tissue more effectively.

*Four of the most common destructive processes that can impair the health of the connective tissue are:*

- **Inflammation:** This could be caused by excessive joint wear and tear, and/or low body stores of antiinflammatory fatty acids (GLA, EPA) and/or excess of the inflammatory ones (arachidonic acid). Many natural compounds such as turmeric, boswellia, NAC, resveratrol, MSM, green-lipped mussel and cetyl-myristoleate (CMO) have been shown to support this in the positive direction.
- **Oxidative stress** (free radicals generated from various causes including excessive inflammation, infections, poor diet, oxidized fats, toxic metals): Oxidative stress can be significantly reduced by dietary antioxidants such as resveratrol, turmeric, NAC, and by an adequate supply of essential minerals (selenium, copper, manganese, zinc) that support the body's own antioxidant enzymes, such as SOD (superoxide dismutase).
- **Autoimmune conditions** (could be caused by toxic metal/chemical load, intestinal infections, dietary allergies): Most common joint related autoimmune conditions are rheumatoid arthritis and lupus. Various nutrients such as niacinamide, NAC, and type II collagen, all found in ArthroSoothe, have been shown to help.
- **Catabolic factors:** Excessive cortisol production (stress hormones) or steroid treatments such as cortisone can have a devastating effect on the ability to form collagen, which is a major component of cartilage, tendons and ligaments.

## Unique Features of ArthroSoothe Ingredients:

**New Zealand Green Lipped Mussel (*Perna canaliculus*).** This special extract is standardized for anti-inflammatory activity. (The anti-inflammatory assay used is the same as that for non-steroidal, anti-inflammatory drugs - NSAIDS). This purified mussel extract was shown to suppress carageenan induced edema by 60-70% in a rat paw model and shown to protect the stomach from NSAID damage.<sup>18</sup>

GlycoMarine™ is the only mussel extract product manufactured using a unique and proprietary process characterized by a special extraction of the mussel from the shell and an immediate freeze-drying as the means of preserving and stabilizing the product. Backed by 30 years of independent laboratory research, GlycoMarine™ is the only proven bioactive New Zealand Green Lipped Mussel extract with gastroprotective and chondroprotective qualities.

**D-Glucosamine Sulfate Potassium Chloride.** Highly purified source of glucosamine sulfate (free of any toxic environmental contaminants), certified by USP assay. It is guaranteed 99% bioactive, unlike others on the market that were found to be as low as 80% bioactive. Glucosamine provides joint building proteoglycans.

**CMO - Cetyl Myristoleate 50%.** These cetylated fatty acids contain an ester group necessary for their absorption in the gastrointestinal tract. In a research study, patients with osteoarthritis given CMO had marked improvement in knee function.<sup>4</sup>

**Hyaluronic Acid.** The hyaluronic acid used in this formula has a good absorption rate due to a special processing that renders it in a low molecular weight.

**Undenatured Collagen Type II - Kolla2™.** Type II Collagen is the predominant collagen found in cartilage. Collagen is made up of polypeptide chains of glycine, proline and hydroxyproline mainly. Kolla2™ from chicken sternum contains all the important components of cartilage including collagens, proteoglycans and mucopolysaccharides such as hyaluronic acid and chondroitin. It is no wonder that chicken soup is a panacea. Kolla2™ is made with a patented processing method that guarantees the preservation of these peptide proteins important for its function. The type II collagen can only exert its immunological effects when its configuration is very well preserved and undenatured during processing. This, in turn, allows the configuration to be recognized by the immune system and lead to downregulation of immune system attack on collagen structures. Extensive research has shown that type II collagen and mucopolysaccharides (such as hyaluronic acid and chondroitin) are lost progressively in rheumatoid and osteoarthritis patients.<sup>19-21</sup>

**The minerals zinc, copper, and manganese** are chelated to amino acids by the patented Albion method. This maximizes their absorption and eliminates the well-known GI side effects of the salt forms of minerals and their interference with absorption of other nutrients ingested at the same time. The reliability of the Albion patented method is proven by strict laboratory testing methods (verified by HPLC).

**Selenium** is provided as selenomethionine. Methionine is a sulfur containing amino acid. Sulfur is an important component of collagen. Selenium is a protective antioxidant that raises glutathione levels.

**The herbal extracts, boswellia and turmeric** are standardized for their active ingredients. These herbs have proven in research to reduce inflammation by many mechanisms. These extracts are guaranteed to be free of toxic contaminants, unlike many others on the market, as described in a recent issue of the Lancet Medical Journal.<sup>13</sup>

Many doctors use ArthroSoothe along with fish oils such as Omega Synergy and SAME which reduces TNF alpha and increases the number of chondrocytes, the cells that build new cartilage.<sup>14</sup> See Designs for Health's Omega Synergy and SAME flyers.

## References

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