

Bio-Aligned Formula™

GLUCOSAMEND is uniquely effective because it is a Bio-Aligned Formula. Source Naturals evaluates the underlying causes of system imbalances. Then we design formulas that provide targeted nutrition to bring your interrelated body systems back into balance.

Musculoskeletal System—Structural Building Blocks

Certain building blocks of joints and connective tissue can help maintain joint integrity and comfort. Glucosamine is a major constituent of glycosaminoglycans, which in turn form proteoglycans, molecules that hold and bind the water that lubricates joints, disperses stress and nourishes joint tissue. The amino acids proline and lysine are structural components of collagen and elastin, which give strength to connective tissue. **GLUCOSAMEND** contains glucosamine sulfate, *N*-acetyl glucosamine, proline and lysine.

Musculoskeletal System—Tissue Production Cofactors

Some micronutrients are necessary as cofactors in the production of connective tissue. For example, vitamin C and copper help form hydroxyproline and hydroxylysine, main constituents of collagen. A unique property of grape seed extract is its ability to form a bond between broken collagen fibers, helping to repair them and restore flexibility and strength to connective tissues and joints. **GLUCOSAMEND** provides vitamin C, zinc, manganese, copper, and grape seed extract to address these cofactors.

Soothing Relief Mechanisms

Some herbs and nutrients have the capacity to support the body's natural mechanisms for increasing comfort. Boswellia, for example, is an herb with soothing properties, while vitamin B-6 helps to stabilize collagen and elastin. Additional herbs and nutrients, acting in conjunction with antioxidant protectors, support tissue comfort and health. **GLUCOSAMEND** contains Boswellia serrata, quercetin, copper, and vitamin B-6.



Antioxidant Defense

The health and integrity of joints and tissues—specifically of cell membranes—is supported by botanicals and nutrients that support the body's natural antioxidant response. When tissues become damaged, the body mounts a repair process that ultimately generates free radicals. These free radicals can

also break down healthy cells and tissues in the process, hence the need for antioxidants to neutralize and break the cycle. GLUCOSAMEND provides grape seed extract, vitamin C, zinc, selenium, copper, quercetin to neutralize free radicals.

Lifestyle Tips for Healthy Joints: A Strategy for WellnessSM

Healthy lifestyle habits should be part of your individual strategy for joint wellness. Source Naturals believes in a holistic approach to living. Not only can supplements bring balances to your individual body systems but certain lifestyle choices can also bio-align your health.



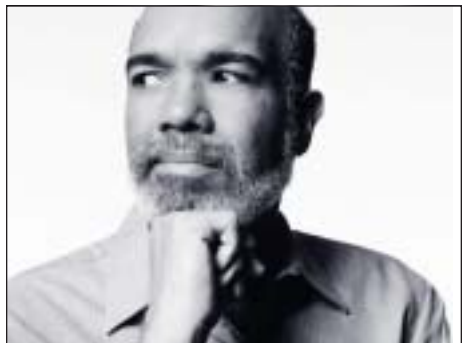
Exercise Regularly: Regular physical activity helps lubricate cartilage, strengthens muscles around joints, and promotes weight control. An exercise program geared to joint health includes stretching, mild weight training, and low-impact aerobics.

Watch Your Weight: Population-based studies, including the well-known Framingham study, have consistently shown a link between obesity and challenges to joint health. Excess weight causes pressure on joints, and can speed the rate at which cartilage wears down.

Eat Healthy: To support healthy joints, increase your intake of omega-3 fatty acids from salmon, sardines, flax seeds or flax oil, avoid excess protein intake, and replace animal with plant proteins when possible. You should also eat lots of organically grown fruits and vegetables, limit saturated fat and eliminate hydrogenated oils.

Rest and Relaxation: Regularly scheduled rest gives your body time to recover and rebuild, allowing you to make the most of your exercise program. It's important to know when to slow down.

Supplementation: Source Naturals offers a range of products that can supplement your strategy for joint wellness. These include the pineapple enzyme BROMELAIN; SAME, a natural compound formed from the amino acid methionine, which has been found to support joint comfort and mobility; and CHONDROITIN to promote water retention and elasticity in cartilage and inhibit enzymes that break down cartilage.



GLUCOSAMEND™ is a Bio-Aligned Formula™

Multi-System Support for Tissues and Joints

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| Structural Building Blocks | N-Acetyl Glucosamine, Glucosamine Sulfate, L-Lysine, L-Proline |
| Tissue Production Cofactors | Grape Seed, Copper, Manganese, Zinc, Vitamins A, B-6 and C, Niacinamide |
| Soothing Relief Mechanisms | Boswellia Serrata, Quercetin, Turmeric, Copper, Magnesium, Zinc, Vitamin C |
| Antioxidant Defense | Grape Seed, Quercetin, Manganese, Selenium, Zinc, Vitamins A, C and E |

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Strategies for Wellnesssm

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