

# JOINT HEALTH COMPLEX\*

## NEW FASTER ACTING FORMULA

HELPS BUILD CARTILAGE TO PROMOTE FLEXIBILITY AND COMFORTABLE MOVEMENT\*



Joint Health Complex improves the cushioning in joints for more comfortable movement, flexibility, and range of motion. Plus, the complementary blend of glucosamine, cat's claw, and specific trace minerals supports overall joint function, enhances mobility by supporting joint lubrication, and helps your body build cartilage.\*



**Joint Health Complex\***  
90 capsules  
#20668

### CHALLENGE

When your joints are healthy, they operate like a well-oiled machine. Cartilage and joint fluids cushion your bones, allowing muscles and tendons to slide smoothly and limbs to move easily. Normally, that cartilage is constantly broken down and rebuilt. However, problems such as age-related slowdown of cartilage production, overuse of joints, and individual physical differences can hinder this process and cause cartilage to break down faster than it is rebuilt. Proper supplementation, along with adequate rest, a balanced diet, exercise, reducing stress, and maintaining normal weight are essential to supporting and maintaining healthy joints. Shaklee Joint Health Complex\* can help.

### JOINT HEALTH COMPLEX\*

Joint Health Complex improves joint function in as little as one week of use\*

- Helps the body build cartilage for joints to promote comfortable movement\*
- Supports joint function and facilitates range of motion\*
- Combines clinically proven natural ingredients glucosamine and cat's claw

### WHO WILL BENEFIT FROM JOINT HEALTH COMPLEX\*?

- 87 million Americans over age 45 who face age-related slowdown of cartilage rebuilding
- People who participate in strenuous recreational activity
- Those with job-related repetitive stress to joints — an increasingly common problem given that the incidence of repetitive joint stress has tripled in recent years
- Those well above ideal weight, creating additional pressure on joints

### HOW SHOULD JOINT HEALTH COMPLEX\* BE USED?

- Take 3 capsules of Joint Health Complex\* daily. If pregnant or nursing, consult a physician
- Joint Health Complex\* can be taken with or between meals

### WHAT'S IN JOINT HEALTH COMPLEX\*?

## Supplement Facts

Serving Size: 3 Capsules

Serving Per Container: 30

	Amount Per Serving	% Daily Value
<b>Calories</b>	10	
<b>Total Carbohydrate</b>	1 g	< 1%**
<b>Protein</b>	1 g	2%**
<b>Zinc</b> (as zinc gluconate)	1.5 mg	10%
<b>Copper</b> (as copper gluconate)	0.2 mg	10%
<b>Manganese</b> (as manganese gluconate)	0.2 mg	10%
<b>Glucosamine hydrochloride</b>	1500 mg	†
<b>Cat's claw extract</b> ( <i>Uncaria guianensis</i> ) (bark)	100 mg	†
<b>Boron</b> (as boron protein hydrolysate)	0.5 mg	†

\*\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.



## SCIENTIFIC EVIDENCE IN SUPPORT OF THE INGREDIENTS IN JOINT HEALTH COMPLEX\*

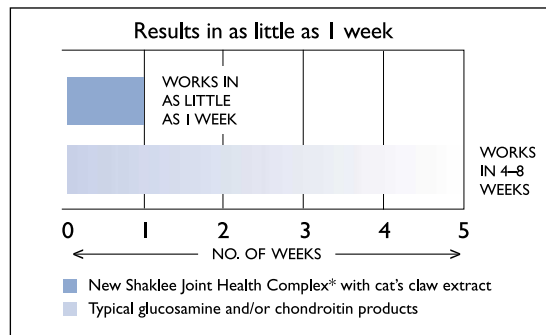
- **Glucosamine** helps maintain cartilage and is a key building block for proteoglycans — an important component of joint cartilage construction
  - In long-term clinical trials, people taking glucosamine experienced better mobility
  - Glucosamine hydrochloride is a more concentrated source of glucosamine and is bioavailable and sodium free
- **Cat's claw** has been clinically demonstrated to lessen joint discomfort
  - The specific extract of cat's claw from the *uncaria guianensis* has been clinically demonstrated
- Joint Health Complex\* also provides zinc, copper, and manganese, important trace metals for enzymes that build collagen and other matrix proteins

## WHY CHOOSE JOINT HEALTH COMPLEX\*?

- Uses clinically proven cat's claw in combination with glucosamine for long term joint health\*
- Helps build cartilage for enhanced range of motion and flexibility\*
- Improves the cushioning in joints\*
- Results can be experienced in as little as one week

## SUPPORT MATERIALS

- Pain Relief Program Brochure, #74936 (English), #74937 (Spanish)
- October 2003 Hotline — Science Talk #65854
- November 2003 Hotline — Product Profile #65855
- Fall 2003 *Shaklee*® Catalog™ #74920



## COMPLEMENTARY SHAKLEE PRODUCTS

**Joint & Muscle Pain Cream** — For temporary relief of minor aches and pains of muscles and joints. Topical #20669

**Pain Relief Complex\*** — Offers natural pain relief for overworked joints.\* 90 caplets #20667

**Vita-Lea**® — For complete vitamin and mineral insurance. With Iron #20300, Without Iron #20016, 120 tablets

**Sustained Release Vita-C**® — Get the vitamin C you need for the production of collagen, a component of cartilage. 180 tablets #20095

**Shaklee Weight Management Starter Kit** — Restore and energize your metabolism and achieve a healthy weight. Vanilla #59000, Chocolate #59002

**Essential Omega-3 Complex** — Provides omega-3 fatty acids to help you maintain normal cardiovascular systems.\* 90 softgels #20234

## REFERENCES:

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- Sandoval M et al. Anti-inflammatory and antioxidant activities of cat's claw (*Uncaria tomentosa* and *Uncaria guianensis*) are independent of their alkaloid content. *Phytomedicine*. 2002; 9:325–37.
- Sandoval M et al. Cat's claw inhibits TNF alpha production. *Free Rad Biol & Med*. 2000; 29:71–8.
- Piscocya J et al. Efficacy and safety of free-dried cat's claw in osteoarthritis of the knee: mechanism of action of the species *Uncaria guianensis*. *Inflamm Res*. 2001; 5:442–48.

\* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

If for any reason a Shaklee product is not satisfactory, return it to your Shaklee Independent Distributor or Shaklee Corporation for exchange or a full refund.



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