



EPA/DHA- Glucosamine

Introduced 2007



What Is It?

EPA/DHA-Glucosamine combines ultra-pure molecularly distilled fish oil with glucosamine, boswellia and curcumin for optimal joint function and comfort.*

Uses For EPA/DHA-Glucosamine

Joint Health: Fish oil moderates prostaglandin and leukotriene production, supporting healthy connective tissue. It also plays a role in moderating neutrophil activity, supporting joint comfort. A double blind, placebo-controlled, prospective study involving 66 subjects revealed that fish oil modulates immune mediator activity as well as provides support for joint flexibility. Glucosamine is a naturally occurring compound necessary for the synthesis of proteoglycans, the protein molecules responsible for giving cartilage its strength and resilience. Sulfate, another component of proteoglycans, works synergistically with glucosamine to enhance cartilage metabolism. Boswellia serrata is an Ayurvedic herb that has a long history of use for connective tissue and joint support. Boswellic acids, the active terpenoid constituents of boswellia, may maintain healthy 5-lipoxygenase enzyme activity and healthy leukotriene metabolism to promote joint comfort. Curcumin also promotes joint comfort by supporting healthy histamine production, eicosanoid metabolism and neutrophil response.*

What Is The Source?

Pure Encapsulations EPA/DHA products are molecularly distilled and microfiltered. They are sourced mainly from sardines and anchovies off the coast of Chile or Norway. They have been tested for contaminants including heavy metals, dioxans and furans, PCBs, peroxides and anisidine. Glucosamine sulfate is derived from crab and shrimp. Boswellia serrata extract is derived from gum resin and standardized to contain 70% boswellic acids. Curcuma longa (turmeric) extract is standardized to contain 95% curcuminoids. Vitamin E (d-alpha tocopherol) is derived from purified soybean oil.

Recommendations

Pure Encapsulations recommends 4 softgels daily, in divided doses, with or between meals.

Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating woman. Certain ingredients may cause burping, gastrointestinal upset, nausea, diarrhea, or abdominal bloating. Boswellia may be contraindicated in those with pre-existing gastritis or gastro-esophageal reflux disease (GERD). Fish oils have a mild blood thinning effect and may influence glucose metabolism in some individuals, typically at larger levels. Curcumin should be used with caution in patients with bile duct obstruction. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Studies suggest boswellia moderates 5-lipoxygenase and therefore may interact with leukotriene inhibitors. Certain ingredients may react with blood thinning medications. Consult your physician for more information.

EPA/DHA-Glucosamine

four softgel capsules contain 20 sg

calories.....	15
calories from fat.....	15
total fat.....	1.5 g
cholesterol.....	10 mg
vitamin E (as d-alpha-tocopherol).....	40 iu
fish oil concentrate (from anchovies, sardines).....	1,500 mg
providing:	
EPA (eicosapentaenoic acid).....	450 mg
DHA (docosahexaenoic acid).....	300 mg
glucosamine sulfate 2KCl.....	1,500 mg
(from crab, shrimp) (sodium free)	
Indian frankincense (boswellia serrata) extract (gum resin).....	100 mg
(standardized to contain 70% boswellic acids)	
turmeric (curcuma longa) extract (root).....	100 mg
(standardized to contain 95% curcuminoids)	
other ingredients: beeswax, sunflower lecithin, gelatin capsule (gelatin, glycerin, water, carob)	

Contains fish, shellfish

4 capsules daily, in divided doses, with or between meals.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. 800-753-2277 | PureEncapsulations.com

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship. Please be sure to consult your physician before taking this or any other product. Consult your physician for any health problems.