

# Glucosamine Chondroitin with Manganese

Supports connective tissue health and joint comfort<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Joint comfort support<sup>†</sup>
- Cartilage and connective tissue integrity support<sup>†</sup>
- Antioxidant support<sup>†</sup>

## BENEFITS

- Supports joint mobility, integrity and comfort<sup>†</sup>
- Supports optimal cartilage matrix composition<sup>†</sup>
- Antioxidant support<sup>†</sup>

## FEATURES

- Combination of glucosamine and chondroitin
- Enhanced with manganese
- Extensively researched ingredients

## VERIFIABLE SCIENCE

This convenient formula combines two of the most important cartilage building blocks, glucosamine and chondroitin, with manganese ascorbate for enhanced connective tissue support. In a study, the combination of glucosamine HCl, chondroitin sulfate and manganese ascorbate demonstrated the ability to promote joint function.<sup>1-4</sup> The combination of glucosamine and chondroitin may also provide support for healthy hyaluronic acid content and synovial fluid.<sup>5</sup> The trace mineral manganese plays a key role in supporting glycosaminoglycan and mucopolysaccharide production and encourages the antioxidant activity of superoxide dismutase.<sup>1,6</sup> Vitamin C (ascorbate) serves as both an antioxidant and essential cofactor for proper collagen formation.<sup>7†</sup>

## SUGGESTED USE

Initial dose: 1 capsule, 3 times daily, with meals, for 2-3 weeks. Maintenance dose: 1 capsule, 2 times daily, with meals. Individual results may vary.

## STORAGE

Store in a cool, dry place.

## WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

## SOURCE

- Glucosamine HCl is derived from crab and shrimp
- Chondroitin sulfate is derived from bovine cartilage
- Manganese is derived from earthen ore
- Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil

## NOTES

Size 00 caps

Bottle count 120, 360

Order codes GCM1, GCM3

Bottle size 290 cc, 26 oz

## REFERENCES

1. Leffler CT, et al. *Mil Med.* 1999 Feb;164(2):85-91.
2. Reginster JY, et al. *Lancet.* 2001 Jan 27;357(9252):251-6.
3. Orth MW, et al. *Equine Vet J Suppl.* 2002 Sep;(34):224-9.
4. Dodge GR, et al. *Osteoarthritis Cartilage.* 2003 Jun;11(6):424-32.
5. Su N, et al. *J Craniomaxillofac Surg.* 2014 Sep;42(6):846-51.
6. Gort AS, et al. *J Bacteriol.* 1998 Mar;180(6):1402-10.
7. S Murad, et al. *Proc Natl Acad Sci U S A.* 1981 May; 78(5): 2879-2882.

## SUPPLEMENT FACTS

**Initial dose: 1 capsule, 3 times daily, with meals, for 2-3 weeks.**  
**Maintenance dose: 1 capsule, 2 times daily, with meals. Individual results may vary.**

**Each (size 00) vegetarian capsule contains:**

Manganese (as manganese ascorbate)	2 mg
Glucosamine HCl (from crab, shrimp)	500 mg
Chondroitin sulfate (from bovine)	400 mg

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Contains shellfish (crab, shrimp)



Glucosamine + Chondroitin with Manganese	Quantity	Order Code
	360	GCM3
	120	GCM1

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