

Nutraceuticals for Your Joint



Osteoarthritis (OA), sometimes called as wear and tear arthritis, is the most common arthritis which is characterized by joint pain, stiffness and swelling on the joint. OA is a chronic disease of the entire joint, involving breakdown of the cartilage (the tissue that cushions the ends of the bones between joints), deterioration of the tendons and ligaments, and various degrees of inflammation of synovium (the joint lining). The arthritis tends to occur in the hand joints, spine, hips, knees and great toes. OA is a major cause of disability in the elderly and it mostly affects middle-age to elderly people.

Nowadays, joint health has become a major public health concern worldwide, largely due to an ageing population.

Quality ingredients are important to ensure the purity of the ingredients and effectiveness of the treatment. **b-glu**[®] is a high purity pharmaceutical grade glucosamine HCl from Bioiberica S.A.U., Spain which has been clinically tested and proven to be beneficial for joint health. **CS b-Bioactive**[®] is the researched chondroitin sulfate on the market and was also developed by Bioiberica, S.A.U., Spain. Both of these nutraceutical ingredients have been studied as a combination.

On the other hand, **OptiMSM**[®] is the quality methylsulfonylmethane (MSM) from Bergstrom Nutrition, Inc., United States. For more than 25 years, **OptiMSM**[®] has produced the quality MSM in the world.



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OptiMSM[®] is a registered trademark of Bergstrom Nutrition, Inc., USA.

There is no cure for the disease, but some treatments attempt to prevent or slow disease progression. The goals of OA treatment are to reduce pain, improve joint function and restore mobility. Glucosamine, chondroitin and methylsulfonylmethane (MSM) are popular adjuvant treatments for various stages of knee OA. These 3 ingredients are usually given in combination to provide better efficacy in reducing pain as well as improving the joint functions.



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