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ArthroSoothe™ offers ideal nutritional support for joints, providing achy joints the nutrition they need to rebuild, stay lubricated, rid fluid that results in swelling, move freely, and function at their best.*

Joints, cartilage, ligaments, tendons and synovial fluid (for joint lubrication) undergo a continuous but slow turnover and remodeling process. This is affected by many physiological factors such as diet, supplements, activity, stress, gut health, allergies, immune status, infections, aging, hormones, toxic load and/or various medications. The continuous rebuilding of joints and tissue depends on the nutrients glucosamine, sulfur (MSM), hyaluronic acid, copper and vitamin C for collagen synthesis (found in tendons, cartilage, ligaments). Exercise should be emphasized because it improves blood and lymph circulation, which enables the nutrients to reach the target tissue more effectively.

Highlights

New Zealand Green Lipped Mussel (*Perna canaliculus*) - This special extract is standardized for anti-inflammatory activity. (The anti-inflammatory assay used is the same as that for non-steroidal anti-inflammatory drugs or NSAIDs). This purified mussel extract was shown to suppress arachidonic acid metabolism via the COX and LOX pathways and contain anti-inflammatory omega-3 polyunsaturated fatty acids, which alleviated degenerative joint disease, arthritic symptoms, and chronic pain in animal studies.⁵ The green lipped mussel in this product is sourced from the coast of New Zealand and is processed within two hours of harvest to prevent potential degradation, resulting in a high quality, highly bioactive compound.

Glucosamine Sulfate - Provides precursors for the continuous rebuilding of joint and spine cartilage, ligaments, and tendons by stimulating the formation of joint-building proteoglycans.

Cetyl Myristoleate (CMO) - These cetylated fatty acids contain an ester group necessary for their absorption in the gastrointestinal tract. In a randomized controlled trial, patients given CMO had marked improvement in knee pain compared to placebo group.¹⁰ An in vitro study using a mixture of cetylated fatty acids including CMO significantly reduced inflammation by decreasing pro-inflammatory marker expression.⁹

Hyaluronic Acid - This viscous mucopolysaccharide is present in connective tissue space and the synovial fluid of movable joints and is important in maintaining the health of joints and cartilage. The hyaluronic acid used in this formula has a good absorption rate due to a special processing that renders it in a low molecular weight.

Type II Collagen - Type II collagen is the predominant collagen found in cartilage. Collagen is made up of polypeptide chains of glycine, proline and hydroxyproline mainly. Type II collagen from chicken sternum contains all the important components of cartilage including collagens, proteoglycans and mucopolysaccharides such as hyaluronic acid and chondroitin. The type II collagen can only exert its immunological effects when its configuration is very well preserved and undenatured during processing. This, in turn, allows the configuration to be recognized by the immune system and lead to downregulation of immune system response towards collagen structures. Extensive research has shown that type II collagen is degraded and progressively lost in osteoarthritis patients.¹³

Other studies show that undenatured type II collagen protects against joint damage in rheumatoid and osteoarthritis via down-regulating pro-inflammatory markers, immunomodulation of macrophages, activating pro-chondrogenic genes, as well as inhibiting chondrocyte apoptosis & hypertrophy which improves pain, stiffness and physical function for moderate-to-severe arthritic patients.^{14,15}

The minerals zinc, copper, and manganese are chelated to amino acids by the patented Albion method. This maximizes their absorption and eliminates the well-known GI side effects of the salt forms of minerals and their interference with absorption of other nutrients ingested at the same time. Higher copper to zinc ratios are correlated with disease, thus having proper zinc to copper ratio is vital in mitigating inflammation in arthritis patients. Studies show that patients who supplemented with zinc report marked improvements in lab and clinical specifications for rheumatoid arthritis due to zinc's role in the immune system, anti-inflammatory processes, and bone-forming activity.^{17, 18}

Benefits*:

- Provides the essential building blocks and nutrients for joint repair
- Reduces free radicals and supports a healthy inflammatory response which may help lessen wear and tear on the joints and between spinal vertebrae
- Reduces the potential for the body to attack its own joint tissue

Selenium - a deficiency in this mineral has been noted in patients with rheumatoid arthritis. Selenium, a powerful antioxidant, may help arthritis by fighting free radicals that damage tissues and lead to inflammation.^{19, 20}

The herbal extracts, boswellia and turmeric are standardized for their active ingredients and have been shown to support a healthy inflammatory response.²¹⁻²⁵ These extracts are guaranteed to be free of toxic contaminants, unlike many others on the market, as described in an issue of *the International Journal of Occupational and Environmental Health*.²⁶

Supplement Facts				
Serving Size 4 capsules Servings Per Container 30				
Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Niacin (Vitamin B-3)(as Niacinamide)	500 mg NE	3125%	Boswellia Extract (Boswellin®) (<i>Boswellia serrata</i>)(resin)	75 mg *
Zinc (as Zinc Bisglycinate Chelate)	10 mg	91%	[standardized to contain 60% boswellic acids]	
Selenium (as Selenomethionine)	100 mcg	182%	Turmeric (<i>Curcuma longa</i>)(root)	75 mg *
Copper (as TRAACS® Copper Bisglycinate Chelate)	1 mg	111%	[standardized to contain 95% curcuminoids]	
Manganese (as TRAACS® Manganese Bisglycinate Chelate)	1 mg	43%	Cetyl Myristoleate	50 mg *
Glucosamine Sulfate (as 2KCl form)	1 g	*	Hyaluronic Acid	20 mg *
Methylsulfonylmethane (MSM)	750 mg	*	Trans Resveratrol	10 mg *
N-Acetyl-L-Cysteine (NAC)	200 mg	*	(<i>Polygonum cuspidatum</i>)(root)	
Green Lipped Mussel (GlycoMarine®)	100 mg	*	Collagen II	2 mg *
				*Daily Value not established.

Other Ingredients: Cellulose (capsule), microcrystalline cellulose, silicon dioxide, vegetable stearate.

Contains shellfish (mussels, crab, lobster, shrimp, snails or oysters).



Recommended Use:

- As a dietary supplement, take four capsules per day with meals, or as directed by your health care practitioner.
- Individuals with shellfish allergies should check with their health care practitioner before taking this product.

For a list of references cited in this document, please visit:

http://catalog.designsforhealth.com/assets/itemresources/ArthroSoothe_References.pdf

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