

# Joint Support Complex



*Herbalife's one-a-day formulation contains a clinically-proven dose of glucosamine sulfate, and two essential minerals, selenium and manganese.*





# Joint Support Complex

**Key Ingredients:** Each tablet contains -  
Glucosamine sulfate: 1500mg, Selenium: 26mcg,  
Manganese: 1mg.

## \*Did you know?

- It is predicted that by the year 2020, 1 in 5 people over the age of 15 years, in Australia and New Zealand will develop some form of arthritic complaint.
- Almost 1.6 million Australians were affected by osteoarthritis in 2004-2005.
- 42% of hospital costs in New Zealand relate to osteoarthritic complaints.
- There are two types of osteoarthritis: Primary osteoarthritis is due to aging, while secondary osteoarthritis factors include genetics, obesity and sporting injuries.

**Herbalife's Joint Support Complex has been specially formulated to provide nutritional support for active people to help maintain healthy joints and for the temporary relief of joint pain associated with osteoarthritis.**

## How does glucosamine work?

Glucosamine sulfate has been clinically proven to be as effective as a prescription medicine for the relief of the symptoms of mild to moderate osteoarthritis. But unlike pharmaceutical medicines that simply manage the symptoms, glucosamine helps to delay the progression of the disease. Furthermore, certain prescription medications have significant side effects.

## Can a person with normal joints benefit from glucosamine supplementation?

Long term maintenance is important to protect the health of your joints. Glucosamine is found in high concentrations in cartilage and other connective tissues. The cartilage producing cells in our body can either synthesise glucosamine themselves or obtain it from circulating preformed glucosamine (supplements). As we age, the body's ability to produce glucosamine decreases. Supplementing with glucosamine sulfate may help to repair and rebuild worn or damaged cartilage, associated with osteoarthritis.

## Why are selenium and manganese important minerals?

Selenium and Manganese are essential minerals. Due to declining amounts of selenium found naturally in soil, it is important to supplement your diet. Selenium acts as a powerful antioxidant whilst manganese, is good for bone health and acts as a cofactor in several metabolic and enzymatic reactions.

## Companion Products

Herbalifeline, Xtra-Cal, ShapeWorks™ Formula 1

## Fast facts!

- One-a-day formulation
- Contains Selenium, an essential mineral that the human body generally requires supplementation of
- Helps maintain healthy joints
- Provides 25% of the RDI for Manganese and Selenium

Please note: New Zealand product claims vary, refer to Distributor Services for further information.

\*Statistics obtained from 2004-05 National Health Survey Summary of results Australia and [www.arthritis.org.nz](http://www.arthritis.org.nz)