

# CARTILAGE FORMULA

MAINTAINS COMFORTABLE  
JOINT MOBILITY\*



## POSITIONING STATEMENT

Proper function of our joints is very important to a productive and happy life. Pharmanex® Cartilage Formula maintains healthy joints to keep up with your lifestyle demands—formulated with a new and innovative vegetable-sourced glucosamine to provide structural support to joint cartilage. This proprietary product also contains an advanced blend including antioxidant vitamins C and E, trace minerals, and bioflavonoids for comprehensive nutritional support for joints.\*

## CONCEPT

Your joints enable you to enjoy movement, with the primary function of holding the skeletal structure of your body together. Simply stated, the joint relies on cartilage to act as a cushion between the adjoining bones. Maintaining normal, healthy joints should be a lifelong goal achieved by adopting a healthy lifestyle. Elements of healthy living that help maintain healthy joints include sustaining a healthy body weight, participating in regular and appropriate exercise, and maintaining a nutritious and healthy diet.

Cartilage Formula is formulated to provide clinically and nutritionally significant amounts of the nutrients essential to normal cartilage maintenance, strength, and function. Cartilage Formula contains a significant amount of glucosamine HCl (1,500 mg) as dictated by human clinical studies.\*

## PRIMARY BENEFITS

- Supplies glucosamine, a building block for the protective cartilage in our joints\*
- Contains antioxidant vitamins C and E, and quercetin for added joint and cartilage support\*

## WHAT MAKES THIS PRODUCT UNIQUE?

- Provides nutritionally effective levels of vitamin C (200 mg) and Turmeric Root Extract (with 93% curcumin)\*

- Contains a quality, standardized extract of *Boswellia serrata*\*
- Contains the antioxidant flavonoids quercetin (50 mg) and rutin (36 mg) for additional nutritional support\*
- Provides a nutritionally significant amount of the trace mineral zinc (15 mg)

## WHO SHOULD USE THIS PRODUCT?

Cartilage Formula is formulated for adults who want additional nutritional support for cartilage to promote normal cartilage health.\*

## DID YOU KNOW?

- Joint discomfort is a major cause of work absenteeism.
- 45 million workdays are lost each year in the U.S. due to joint pain.
- More than 50% of people over the age of 60 feel pain in their joints.
- Recent meta-analyses on glucosamine have shown significant joint health benefits.

## FREQUENTLY ASKED QUESTIONS

**What are the benefits of bioflavonoids in Cartilage Formula?** Bioflavonoids quercetin and rutin are included among several antioxidants in Cartilage Formula. Research clearly demonstrates people with poor joint mobility often have an increased level of free radicals. These bioflavonoids were chosen because they have been shown to be involved in connective tissue protection and to help regenerate the antioxidant properties of vitamin E and C. *Boswellia serrata*, also known as Indian frankincense, contains the active dietary component, boswellic acid. Research indicates that boswellic acids help maintain comfortable mobility.\*

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## What is the source of glucosamine in Cartilage Formula?

The glucosamine in Pharmanex® Cartilage Formula is manufactured through a unique fermentation derived from a vegetable source. This highly efficacious and novel glucosamine has the same ingredient profile and benefits as the shellfish derived glucosamine, yet can be consumed by vegetarians and people with shellfish allergies.

## DIRECTIONS FOR USE

As a dietary supplement, take three (3) capsules with eight (8) ounces of liquid with your morning and evening meals.

## WARNINGS

Keep out of reach of children. Consult a physician prior to use if pregnant or lactating, or using prescription medication. Discontinue 2 weeks prior to and after surgery. Discontinue use and consult a physician if and adverse reactions occur. Do not use if safety seal is broken or missing.

Guarantee: No added sugar, salt, wheat, yeast, or dairy products. No preservatives, artificial colors, or flavors. Vegetarian product.

## KEY SCIENTIFIC STUDIES

1. Reginster JY, et al. Long-term effects of glucosamine sulphate on osteoarthritis progression: a randomised, placebo-controlled clinical trial. *Lancet*, 2001;357:251–256.
2. McAlindon TE, et al. Glucosamine and chondroitin for treatment of osteoarthritis: a systematic quality assessment and meta-analysis. *JAMA*, 2000;283(11):1469–75.
3. McAlindon TE, et al. Glucosamine and chondroitin for treatment of osteoarthritis. *JAMA*, 2000 Sep 13;284(10):1241.
4. Florent Richy, MSc et al. Structural and symptomatic efficacy of glucosamine and chondroitin in knee osteoarthritis. A comprehensive meta-analysis. *Arch Intern Med*, 2003;163:1514–1522.
5. Glucosamine sulfate compared to ibuprofen in osteoarthritis of the knee. Muller-Fassbender H, Bach GL, Haase W, Rovati LC, Setnikar I. *Osteoarthritis and Cartilage*, 1994; 2:61–69.

## Supplement Facts

Serving Size 3 Capsules Servings per container 60

Amount Per Serving	% Daily Value
Calories . . . . .	5
Total Carbohydrates . . . . .	2 g . . . . . 1%**
Dietary Fiber . . . . .	1 g . . . . . 4%**
Vitamin C (as Calcium Ascorbate, . . . . .	100 mg. . . . . 111% Ascorbic Acid)
Vitamin E (as D-Alpha Tocopheryl Succinate, . . . . .	34 mg. . . . . 227% D-Alpha Tocopherol, Beta, Gamma, Delta Tocopherols)
Zinc (as Zinc Bisglycinate) . . . . .	8 mg. . . . . 73%
Copper (as Copper Gluconate) . . . . .	0.8 mg. . . . . 89%
Glucosamine HCl . . . . .	750 mg. . . . . *
Boswellia serrata Sap Extract . . . . .	150 mg. . . . . *
Turmeric Rhizome Extract (93% Curcuminoids) . . . . .	95 mg. . . . . *
Quercetin . . . . .	25 mg. . . . . *
Rutin . . . . .	18 mg. . . . . *

\*Daily Values not established

\*\*Percent Daily Values are based on a 2,000 calorie diet

**OTHER INGREDIENTS:** Microcrystalline Cellulose, Hypromellose, Magnesium Stearate, Silicon Dioxide.