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Joint Formula

A combination of nutrients and herbs designed to support normal joint function and integrity. It combines some of the most potent agents known for reducing inflammation and maintaining and rebuilding the matrix of collagen and connective tissue of the joint.

60 Capsules - Code 30440 -

The maintenance of anti-anxiety states in the brain are influenced by a variety of factors including diet and stress. Many disease conditions are negatively correlated with conditions of anxiety or depression. Brain Calmplex is a scientifically balanced nutraceutical formula for the support and maintenance of the body's normal relaxation process.

Supplement Facts

[View Joint Formula Nutritional Info](#)>

Introduction

Arthritis is a condition characterized by an inflammation of a joint with accompanying pain, swelling, stiffness and redness. The term does not refer to just one disease, but rather to a number of joint disorders which can develop from a number of different conditions. Osteoarthritis, which is a natural consequence of aging joints, attacks the knees, hips, and fingers. It occurs when the cartilage cushion which lines the joints becomes stiffer and rougher. Rheumatoid arthritis is the most severe type of the disease and is classified as an autoimmune disorder. The body's immune system acts against the joints and surrounding tissue the same way it would attack an unwanted invader. Joints in the hands, feet and arms become extremely painful, stiff and eventually deformed. This type of arthritis can affect the entire body. Gout is a disorder associated with a type of arthritis in which uric acid, a waste product, accumulates as crystals in the joints and causes inflammation.¹

One can say that inflammation is always a factor in arthritic joint disease. In the case of osteoarthritis, the inflammation is a result of the damage to the joint, while in the case of rheumatoid arthritis, the inflammation is the cause of the damage!

Some of the antioxidants that are effective in modulating the inflammatory component of joint disease are discussed below, along with the various cartilage-protective agents, herbs and amino acids known to support and maintain health joint tissue.

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Vitamin C

"Deficient intake of vitamin C is common among the elderly, resulting in altered cartilage synthesis and compromised cartilage repair. Several studies have demonstrated that vitamin C, like vitamin E, protects and enhances cartilage formation...by retarding the erosion of cartilage."⁵

It is important to note the role that vitamin plays in building and protecting collagen. As an antioxidant, vitamin C helps to control the inflammation of arthritis. And, in addition, it helps to rebuild and regenerate the damaged joint tissue as well.

Turmeric Extract

Turmeric (*Curcuma longa*) is a plant native to India, and is widely used as a spice. Medicinally, when standardized for its curcumin content, it demonstrates anti-inflammatory properties, some of which are similar to those of non-steroidal anti-inflammatory drugs. It is also a powerful antioxidant, and is effective in treating the pain and inflammation of all types of arthritis.

Glucosamine Sulfate

Glucosamine has several important functions in the joints. It stimulates the production of two very important components of the joint-proteoglycans and glycosaminoglycans. These special proteins serve to bind water in the cartilage matrix, providing a cushion between the various bones of the joint. Glucosamine also regulates cartilage metabolism, helping to keep cartilage build-up and break-down in balance.

Chondroitin Sulfate

"Chondroitin sulfate as well as shark cartilage, bovine cartilage extracts, and sea cucumber contain a mixture of intact or partially hydrolyzed GAGs (glycosaminoglycans)... Chondroitin sulfate is composed of repeating units of derivatives of glucosamine sulfate with attached sugar molecules."⁵

According to Dr. Jason Theodosakis, author of the popular book, "The Arthritis Cure," glucosamine sulfate alone, is not as effective as a combination of glucosamine and chondroitin..."⁶

Niacinamide

"In the 1940s and 1950s, Dr. William Kaufman, and later Dr. Abram Hoffer, reported very good clinical results in the treatment of hundred of patients with rheumatoid arthritis and osteoarthritis using high-dose niacinamide... These clinical results were recently evaluated in a well-designed double-blind, placebo controlled trial. ...the researchers found that niacin amide produced a twenty-nine percent improvement in all symptoms and signs, compared to a ten percent worsening in the placebo group."⁵

Devil's Claw

(Harpagophytum procumbens)

"Don't let the name of this herb scare you off. The secondary roots of this plant have a rich history of use as an anti-inflammatory, analgesic and digestive stimulant. There is probably no other herb with a greater reputation for treating rheumatism than Devil's Claw. It has gained official recognition as an antirheumatic and digestive agent in many European countries,..."¹

L-Proline

L-Proline is an amino acid that contributes to the production of collagen and strengthens joints and tendons.

Horsetail Extract

Horsetail (*Equisetum arvense*) is one of Nature's richest sources of the element silicon, in a form which the body can readily use. A number of studies show that silicon plays an important role in the health and resilience of both cartilage and connective tissues such as tendons. (Cartilage forms a significant portion of joints). ...the French suggest that silicon helps prevent osteoporosis and can be used to treat bone fractures.⁹

Boswellin Extract

Boswellia serrata is a large branching tree native to India, yielding an exudative gum resin known as salai guggul. Standardized extracts of the active components, boswellic acids, are now widely used to treat osteoarthritis.

"Boswellic acid extracts have demonstrated anti-arthritis effects in a variety of animal models. There are several mechanisms of action, including inhibition of inflammatory mediators, prevention of decreased cartilage synthesis, and improved blood supply to joint tissues. Clinical studies using herbal formulas with *Boswellia* have yielded good results in osteoarthritis as well as rheumatoid arthritis."⁵

Grape Seed Extract and Grape Skin Extract

"One of the most beneficial groups of plant flavonoids is the proanthocyanidins (also referred to as procyanidins). These flavonoids exert many health-promoting effects. The most potent proanthocyanidins are those bound to other proanthocyanidins. Collectively, mixtures of proanthocyanidin molecules are referred to as procyanidolic oligomers, or PCO for short. PCOs exist in many plants and are found in red wine..."⁵

These active constituents of grape seeds, the proanthocyanidins, are powerful antioxidants. They have been shown to have a scavenging effect on the most reactive free radicals, those that have been linked to DNA mutation, LDL oxidation and damage of connective tissue surrounding blood vessels. Contrary to popular belief, they are not a recent discovery. They have been studied since the late 1960's for their powerful vascular wall strengthening properties and free radical scavenging activity they have been shown to possess an antioxidant effect up to 50 times more potent than vitamin E and up to 20 times more powerful than vitamin C. Proanthocyanidins have also been shown to help fight aging, prevent heart disease, combat allergies and boost energy.

But there is another valuable component in the grape, and it is called resveratrol. It is highly concentrated in the skin of red grape skins. Resveratrol is an antioxidant currently under investigation for several actions: it decreases the stickiness of blood platelets and helps blood vessels remain open and flexible; a series of studies indicate it inhibits the development and progression of cancer; and other studies have shown resveratrol can inhibit both the acute and chronic phases of inflammation.¹⁰

For this reason, in Joint Formula, a mixture of both Grape Seed Extract and Grape Skin Extract is utilized.

Bromelain

Bromelain is a proteolytic enzyme (protein-digesting) obtained from pineapple. Besides serving to assist in the digestion process, varying amounts of these enzymes can be absorbed by the body. Once absorbed, they have anti-inflammatory activity.

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Joint Formula Supplement Facts

Two Capsules Contain:

Vitamin C	50 mg
Niacinamide	75 mg
Manganese (Gluconate)	2 mg
Glucosamine Sulfate	500 mg
Chondroitin Sulfate	150 mg
DLPA (dl-phenylalanine)	100 mg
Turmeric Extract (95%)	100 mg
Devil's Claw Extract (4:1)	100 mg
L-Proline	100 mg
Horsetail Extract (2%)	50 mg
Boswellin Extract (60%)	50 mg
Grape Seed Extract*	45 mg
Grape Skin Extract*	30 mg
Bromelain (2400 GDU)	25 mg

*from 37.5 mg grape seed extract and 37.5 mg of grape skin/grape seed extract (80:20)