

Joint Support Core

Evidence-based nutrition for joint, immune and inflammatory response systems

Each Packet of *Joint Support Core* Contains 3 capsules:

- **MicroLactin™ 1300 mg (2 – 650mg capsules)**
- **Glucosamine 750 mg: as Glucosamine sulfate (1 – 750mg capsules)**

Comprehensive nutritional support can improve:	Nutrients are supplied in packets:
<ul style="list-style-type: none">• Maintenance of joint health and function*<ul style="list-style-type: none">• Cardiovascular function*• Immune system performance*• Regulation of the inflammatory response system*	<ul style="list-style-type: none">• Tamper-proof• Convenient and simple• Ideal for travel• Eliminates bulky bottles

MicroLactin®

MicroLactin® is a proprietary milk protein concentrate consisting of micronutrients derived from hyper-immune cow's milk. Health benefits of micronutrients derived from hyper-immune milk have been researched since the 1950's. With over 4 decades of use and research, hyper-immune milk products are among the safest and extensively researched nutritional supplements. These micronutrients have been shown to carry unique properties that are associated with (1) the inflammatory response system, and (2) immune system balance. Hyper Immune milk is produced by a specific process that activates a cow's immune system. The result of this process is milk that is higher in naturally occurring biologically active immune factors. These include high molecular weight (HMW) and low molecular weight (LMW) compounds. The HMW compounds exert an immune modulating effect. The LMW compounds interact with the inflammation response system. MicroLactin™ is the result of removing things like lactose and salt from the hyper-immune milk and concentrating the remaining milk protein concentrate for the biologically active LMW and HMW compounds.

Glucosamine

Glucosamine, most commonly used in the form glucosamine sulfate, is a simple molecule derived from glucose, the principal sugar found in blood. Glucosamine is produced naturally in the body, where it is a key building block for making cartilage. Studies suggest that glucosamine supplements can relieve pain and improve mobility in osteoarthritis, a disease in which cartilage in joints becomes stiffer and may wear away. Besides relieving symptoms, there is some evidence that glucosamine might actually slow the progression of the disease.

Health Benefits & Research

Milk protein concentrates from hyper-immune milk have been shown to improve joint function, promote healthy heart function (including improving cholesterol metabolism and blood pressure and pulse rate regulation), and improve muscle recovery after exercise. They have also been shown to positively influence overall health in a variety of situations characterized by low-grade chronic inflammation such as rheumatoid arthritis. Improvements in overall health quality are often reflected in areas as diverse as sleep quality, digestion, allergic reactions, skin health and energy levels.

Published clinical research indicates that MicroLactin® improves joint function.

The health benefits from these studies included:

- A significant reduction in temporary pain associated with everyday activities.*
- A significant reduction in joint stiffness associated with everyday activities.*
- An improvement in joint health and function in 9 out of 10 persons*
- An improvement in joint health and function within 2 weeks with progressive improvements over time.*
- An ability to restore the protective capillary barrier around joints.*
- An ability to regulate neutrophil emigration into joint spaces*
- A progressively decreased need to utilize medications for control of pain and inflammation.*

On balance, evidence from double-blind studies suggests that glucosamine is effective for mild to moderate osteoarthritis.* It acts more slowly than conventional treatments such as ibuprofen, but appears to produce approximately equivalent benefits in time. Unlike conventional treatments, glucosamine might also help prevent progressive joint damage, thereby slowing the course of the disease.* *References available on request*

Typical Dosages:

Mild joint pain with no dysfunction: 1 packet (3 capsules) daily.

If pain and discomfort persists, increase to 2 packets daily, dividing dose.

Moderate joint pain and/or joint dysfunction/degeneration evident (early osteoarthritis): 1 packet, 2 x daily, increasing to 3 x daily if symptoms persist, or switching to Joint Support Plus.

Severe joint pain and dysfunction/degeneration (advancing osteoarthritis or inflammatory arthritis): 3 packets daily, in divided dose. Most such cases will do best when also on Joint Support Plus, Health Coach® Mature Essentials or the multivitamin-mineral recommended by your nutritionally qualified health professional, due to the important synergistic role of other essential nutrients here.

Note: In the majority of cases where persistent or recurrent joint pain and limitation exist, proper exercise therapy and dietary modifications can combine to make considerable improvements in comfort and function. Be sure to seek professional input on what you can learn to do on these important fronts. The role of diet choices in chronic pain and inflammation has escaped most members of the public and health professionals alike. Know that it is very well documented that factors that include imbalances in dietary fats, hidden food allergies and excessive acid-ash forming foods call all tip the balance between inflammatory and anti-inflammatory chemical mediators and either aggravate or improve joint pain and inflammation accordingly.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.