

Joint Support Plus

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

Each Packet of *Joint Support Plus* Contains:

- **MicroLactin™**
- **Glucosamine (as Glucosamine sulfate)**
- **AM/PM Foundation Nutrient Formulas**
- **Cod Liver Oil**

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<ul style="list-style-type: none">• 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.

AM & PM Foundation Nutrients and Cod Liver Oil

The backbone of “Joint Support Plus” is an AM & PM nutrient delivery system that supplies chronobiologically favorable comprehensive vitamin and mineral support. By delivering the right nutrient at the right time, nutrition works better -- more benefits are gained and lower doses of vitamins and minerals are needed. Health and physiological function are a result of the information provided to each and every cell. No other vitamin and mineral support available today communicates the message of health to your body as effectively as Health Coach’s proprietary AM & PM nutrient delivery systems. Given nutrients participate in a wide and web-like network of physiological pathways, insufficiencies of one or more nutrients can limit the body’s health and function in numerous ways. Few of us meet our requirements for essential fats and fat-soluble vitamins like vitamin A and D. The result can be reduced ability to repair and maintain joint health, lowered immunity, higher cardiovascular risk, and poor mood and memory. Cod liver oil is the best food for improving the status of these crucial areas. By choosing Joint Support Plus you help to minimize the likelihood of nutrient insufficiencies compromising your joint and general health.

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 associate 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

Each Daily Supply = 2 Packets (1AM & 1PM) of Joint Support Plus Supplies:

MicroLactin®	2600mg	**
Glucosamine Sulfate	1500mg	**
Vitamin A (from Cod Liver Oil)	2500 IU	50 %
Vitamin D (from Cod Liver Oil)	270 IU	67 %
DHA (from Marine Oil)	40 mg	**
EPA (from Marine Oil)	45 mg	**
Vitamin C (as ascorbic acid and acerola blend)	75 mg	83 %
Riboflavin (from Riboflavin HCL)	0.75 mg	57 %
Pantothenic Acid (from calcium pantothenate)	0.625 mg	12 %
Calcium (as hydroxyapatite & citrate)	150 mg	12 %
Iodine (kelp)	75 mcg	50 %
Zinc (as amino acid chelate and monosulfate)	6 mg	40 %
Manganese (as gluconate and aa chelate)	1 mg	50 %
Chromium (as GTF Yeast)	50 mcg	41 %
Thiamine (from Thiamine HCL)	0.5 mg	41 %
Niacin (from Niacin HCL)	18 mg	112 %
Vitamin B6 (as pyridoxine HCL)	1.7 mg	100 %
Folate (from folic acid)	400 mcg	100 %
Vitamin B12 (as cyanocobalamin)	2 mcg	33 %
Pantothenic Acid (from calcium pantothenate)	5 mg	100 %
Biotin	25 mcg	8 %
Magnesium (as glycinate and maleate)	100 mg	23 %
Selenium (as selenomethionine yeast)	145 mcg	207 %
Copper (as Gluconate and aa chelate)	1.75 mg	87 %
Molybdenum (as amino acid chelate)	75 mcg	100 %
Potassium (as citrate, aa chelate and chloride)	50 mg	2 %
Broccoli (brassica oleraces)	55 mg	**
Miso	20 mg	**

** No daily requirements have been established for these nutrients

For more information contact this office:

Call 888-888-8565 for customer service, product information, or additional information on ordering this and other nutritional products and services. Visit our website: www.healthcoach.com

*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.