ArthroSoothe[™]



Comprehensive nutrition support for joint health

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ArthroSoothe™ offers ideal nutritional support for joints, providing achy joints the nutrition they need to repair, stay lubricated, rid fluid that results in swelling, move freely, and function at their best.

Joints, cartilage, ligaments, tendons and synovial fluid (for joint lubrication) undergo a continuous but slow turnover and remodeling process. This is affected by many physiological factors such as diet, supplements, activity, stress, gut health, allergies, immune status, infections, aging, hormones, toxic load and/or various medications. The continuous repair of joints and tissue depends on the nutrients glucosamine, sulfur (MSM), hyaluronic acid, copper and vitamin C for collagen synthesis (found in tendons, cartilage, ligaments). Exercise should be emphasized because it improves blood and lymph circulation, which enables the nutrients to reach the target tissue more effectively.

Benefits

- Gives the body the essential building blocks and nutrients for joint repair
- Reduces free radicals and inflammation which should lessen wear and tear on the joints and in-between spinal vertebrae
- Reduces the potential for the body to attack its own joint tissue

Highlights

New Zealand Green Lipped Mussel (*Perna canaliculus*) - This special extract is standardized for anti-inflammatory activity. (The anti-inflammatory assay used is the same as that for non-steroidal, anti-inflammatory drugs - NSAIDs). This purified mussel extract was shown to suppress carageenan induced edema by 60-70% in a rat paw model and shown to protect the stomach from NSAID damage.¹⁸ The green lipped mussel in this product is sourced from the coast of New Zealand and is processed within two hours of harvest to prevent potential degradation, resulting in a high quality, highly bioactive compound.

Glucosamine Sulfate - Provides precursors for the continuous repair of joint and spine cartilage, ligaments, and tendons by stimulating the formation of joint-building proteoglycans.

Cetyl Myristoleate (CMO) - These cetylated fatty acids contain an ester group necessary for their absorption in the gastrointestinal tract. In a research study, patients with osteoarthritis given CMO had marked improvement in knee function.⁴

Hyaluronic Acid - This viscous mucopolysaccharide is present in connective tissue space and the synovial fluid of movable joints and is important in maintaining the health of joints and cartilage. The hyaluronic acid used in this formula has a good absorption rate due to a special processing that renders it in a low molecular weight.

Type II Collagen - Type II collagen is the predominant collagen found in cartilage. Collagen is made up of polypeptide chains of glycine, proline and hydroxyproline mainly. Type II collagen from chicken sternum contains all the important components of cartilage including collagens, proteoglycans and mucopolysaccharides such as hyaluronic acid and chrondroitin. It is no wonder that chicken soup is a panacea. The type II collagen can only exert its immunological effects when its configuration is very well preserved and undenatured during processing. This, in turn, allows the configuration to be recognized by the immune system and lead to downregulation of immune system attack on collagen structures. Extensive research has shown that type II collagen and mucopolysaccharides (such as hyaluronic acid and chondroitin) are lost progressively in rheumatoid and osteoarthritis patients.¹⁹⁻²¹

The minerals zinc, copper, and manganese are chelated to amino acids by the patented Albion method. This maximizes their absorption and eliminates the well-known GI side effects of the salt forms of minerals and their interference with absorption of other nutrients ingested at the same time.

Selenium - a deficiency in this mineral has been noted in patients with rheumatoid arthritis. Selenium, a powerful antioxidant, may help arthritis by fighting free radicals that damage tissues and lead to inflammation.

The herbal extracts, boswellia and turmeric are standardized for their active ingredients and have been shown to reduce inflammation by many mechanisms. These extracts are guaranteed to be free of toxic contaminants, unlike many others on the market, as described in an issue of the *Lancet Medical Journal*.¹³

Serving Size 4 capsules					
Servings Per Container 30					
Amount Per Serving	% Dail	ly Value	Amount Per Serving	% Daily Val	ue
Niacin (Vitamin B-3)(as Niacinamide)	500 mg	2500%	Boswellia Extract (as Boswellin®)	75 mg	*
Zinc	10 mg	67%	(Boswellia serrata)(resin)		
(TRAACS [®] Zinc Bisglycinate Chelate)			[standardized to contain 60% boswellic a	acids]	
Selenium (as Selenomethionine)	100 mcg	143%	Turmeric (<i>Curcuma longa</i>)(root)	75 mg	*
Copper	1 mg	50%	[standardized to contain 95% curcumino	ids]	
(TRAACS [®] Copper Bisglycinate Chela	te)		Cetyl Myristoleate	50 mg	*
Manganese	1 mg	50%	Hyaluronic Acid	20 mg	*
(TRAACS [®] Manganese Bisglycinate G	helate)		Trans Resveratrol	10 mg	*
			from 20 mg Polygonum cuspidatum (root		
Glucosamine Sulfate (as 2KCl form)	1 g		Collagen II	2 mg	*
Methylsulfonylmethane (MSM)	750 mg				
N-Acetyl-L-Cysteine (NAC)	200 mg		*Daily Value not established.		

Other Ingredients: Cellulose (capsule), microcrystalline cellulose, silicon dioxide, vegetable stearate.

Contains shellfish (mussels, crab, lobster, shrimp, snails or oysters).



How to Use:

- As a dietary supplement, take four capsules per day with meals, or as directed by a health care practitioner.
- Individuals with shellfish allergies should check with their health care practitioner before taking this product.

For a list of references cited in this document, please visit: http://catalog.designsforhealth.com/assets/itemresources/ArthroSootheReferences.pdf

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