

Relieve

Arthritis Formula

Code: 116
Package Size: 60 caplets
Suggested Use: Begin with 6 caplets per day in a divided dose for 10 days. Thereafter, 2 per day, or as needed.

*Also available in
 Trial Packs*
Code: 120 -- 8 caplets

Osteoarthritis is the most common form of arthritis. Although many medications are available to relieve the symptoms, conventional medicine has nothing to offer in terms of controlling or reversing the condition. In fact, there is evidence that long-term use of non-steroidal anti-inflammatory drugs (NSAID's) actually accelerates joint destruction in patients with osteoarthritis. Furthermore, NSAID's have a number of side effects, including peptic ulceration and damage to the liver or kidneys.

These studies indicate that glucosamine is effective in the treatment of osteoarthritis, apparently more so than NSAID's. Glucosamine is not an analgesic or an anti-inflammatory agent per se; rather, it appears to exert a beneficial effect on the disease process. Consequently, improvements occur more slowly with glucosamine sulfate than with NSAID's, but eventually the former overtakes the latter in terms of effectiveness. In addition, glucosamine sulfate is virtually free of side effects and there are no known contraindications to its use. In contrast, conventional medications can cause relatively severe side effects. Glucosamine should, therefore, be considered one of the "treatments of choice" for osteoarthritis.

Glucosamine

Effective Treatment for Osteoarthritis. Another naturally occurring substance which shows great promise in the treatment of osteoarthritis is glucosamine. Although much of the research on glucosamine is more than ten years old, this substance has not, until recently, been available in the United States. Italian researchers have investigated the effect of glucosamine in patients with osteoarthritis. In one study, 30 patients with chronic osteoarthritis were divided into two groups. Half of the patients received glucosamine, 400 mg/day for 7 days, followed by 500 mg three times a day by mouth for another 14 days. The control group received injections of piperazine/chlorbutanol combination daily for 7 days, followed by oral placebo capsules for another 14 days. Symptoms improved during both initial parenteral treatments, but to a significantly greater extent in the glucosamine group than in the control group. During the oral treatment period, symptoms improved further in the patients receiving glucosamine, but reverted almost to pretreatment levels in the placebo group. After three weeks, the total symptom score had improved by 71% in the glucosamine group, but was little changed in the placebo group. These results were replicated by another group of investigators.

In another study, 40 patients with unilateral osteoarthritis of the knee received glucosamine, 500mg, three times a day, or 1.2 g/day of ibuprofen, in an eight-week double blind study. Pain scores decreased faster during the first two weeks with ibuprofen than with glucosamine. Although the rate of improvement was slower in the glucosamine group, the improvement became progressively more pronounced in that group throughout the study, to the point that glucosamine was significantly more effective than ibuprofen by the eighth week.

In another study, 20 patients with osteoarthritis of the knee received glucosamine, 500 mg three times a day, or a placebo, for 6-8 weeks. Glucosamine was significantly superior to placebo in terms of relieving pain, joint tenderness, and swelling. The

results were rated as "excellent" in all 10 patients receiving glucosamine, whereas all 10 patients receiving the placebo rated the results as "fair" or "poor."

Shark Cartilage

Clinical Uses: The current medical literature contains much scientific evidence that shark cartilage is a tremendously effective treatment in many degenerative and inflammatory conditions. Amazingly, we look to one of earth's oldest and most feared creatures to provide the means to treat or ameliorate many of our most devastating and enigmatic diseases.

Arthritis and Cartilage Research - Dr.

Stephen Freedman, marine biologist and immunobiochemist at the University of Utah, is particularly interested in the anti-inflammatory aspects of shark cartilage. These properties are in addition to its angiogenesis inhibiting ability and are produced by powerful anti-inflammatory molecules called mucopolysaccharides. Dr. Freedman cites exciting scientific research on using shark cartilage supplements in the successful treatment of arthritis. These experiments were conducted in Belgium and by Mote Labs in Florida and were overwhelmingly effective in relieving joint pain and inflammation.

A dozen elderly arthritic patients with severe knee pain were treated with shark cartilage by Dr. Joseph Orcasity, M.D., a consultant at the University of Miami Medical School. He reported that after four weeks of taking shark cartilage, most patients exhibited reduced pain and swelling, and greater mobility. Dr. Allen Pressman, a prominent sports nutritionist, routinely uses shark cartilage in his healthy and active patient population as an adjunct in the treatment of low back joint pains. He reports that using shark cartilage as a treatment is becoming widely accepted in the medical community. In his acutely injured patients he finds an almost immediate reduction in pain and swelling and a marked increase in the range of limb motion.

Supplement Facts

Serving Size: 1 caplet

	<u>Amount per Serving</u>	<u>% RDA</u>
Zinc	.75 mg	.50
(as zinc glycinate)		
Copper	.1 mg	.50
(as copper lysinate)		
Glucosamine HCl	300 mg	*
Turmeric extract	100 mg	*
(95% curcuminoids) (rhizome)		
Boswellia resin extract	100 mg	*
(Boswellia serrata)		
Devil's claw root	100 mg	*
Feverfew herb	.50 mg	*
Kava kava root	.75 mg	*
Silica	.30 mg	*
Cat's claw root-bark	.50 mg	*
Shark cartilage	100 mg	*
(25% chondroitin sulfate)		

*Daily value not established

NOTE: We use glucosamine hydrochloride instead of glucosamine sulfate because glucosamine HCl is 82-85% glucosamine and glucosamine sulfate averages 60% glucosamine. Bottom line we get more glucosamine for the money with glucosamine HCl.

Zinc - What this mineral does:

Zinc is a part of the molecular structure of 80 or more known enzymes. These particular enzymes work with red blood cells to move carbon dioxide from tissues to lungs.

Reasons to Use:

- ◆ Functions as anti-oxidant.
- ◆ Promotes normal growth and development.
- ◆ Aids wound healing.
- ◆ Helps synthesize DNA and RNA.
- ◆ Promotes cell division, cell repair, cell growth.
- ◆ Maintains normal level of vitamin A in blood.

Copper - What this mineral does:

Copper is an essential component of a number of proteins and enzymes, including lysyl, hydroxylase, dopamine beta-hydroxylase.

Reasons to Use:

- ◆ Promotes normal red blood cell formation.
- ◆ Acts as a catalyst in storage and release of iron to form hemoglobin for red blood cells.
- ◆ Assists in production of several enzymes involved in respiration.
- ◆ Promotes connective tissue formation and central-nervous-system function.
- ◆ Is used as a nutritional supplement for anyone receiving prolonged feedings through veins or tubes into the stomach.

Turmeric Extract - A potent anti-inflammatory, recommended for the pain and swelling of arthritis. In India it is used to treat obesity. It has a beneficial effect on the liver, stimulating the flow of bile and the breakdown of dietary fats. Modern research from Germany and India shows that Turmeric protects against gallbladder disease, stomach disorders, menstrual problems, blood clots and liver ailments.

Boswellia Resin Extract - Used as an anti-inflammatory, anti-arthritis and analgesic pain reliever for rheumatic disorders. Users report relief of symptoms of joint stiffness and swelling. May help preserve joint function, halt progression and suppress active disease. Reported to help asthma, prostate, mytosis and sports injuries.

Devil's Claw Root - Primarily used as an anti-inflammatory and pain killer against arthritis and rheumatism. Promotes flexibility in the joints, reducing the pain of arthritis and rheumatism.

Feverfew - Believed to relieve problems of inflammation and pain associated with arthritis. Promotes restful sleep, improves digestion, and relieves asthma attacks. Believed to relieve headaches, migraine pain.

Kava Kava Root - Promotes relaxation, sound sleep. Relaxes the nervous system and reduces water retention.

Cat's Claw - Cat's Claw is a woody vine found in the highlands of the Peruvian Rain Forest. Studies suggest Cat's Claw may be useful in the treatment of a host of ailments, including Cancer, Heart Disease, Arthritis, Gastrointestinal upsets, Ulcers, Allergies, PMS, AIDS, Herpes, Lupus, Diabetes, Fibromyalgia, Rheumatism, Depression, reducing of blood pressure and increasing circulation.

Silica - Extracted from Equisetum Herba (Horsetail). Horsetail is an excellent source of naturally occurring silica. This helps the body absorb calcium and contributes to healthier hair and nails. It helps build or rebuild strong bones. It is also helpful for symptoms of arthritis.

Special Notice

"For♦Mor makes no representation or warranty, expressed or implied, including warranties of fitness for a particular purpose and of merchantability of this product, except as indicated on its label."

If you are not fully satisfied with the results after using Relieve, your full purchase price will be refunded by the distributor you purchased it from.

"This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease."