



JCTH[®]

Joint and connective tissue health♦

- Supports and enhances joint and connective tissue health♦
- Contains select nutritional compounds and botanicals♦

70036 - 90 tablets
70037 - 180 tablets

JCTH contains key essential nutrients and botanicals known to help support optimal joint and connective tissue health.♦ These nutrients also help to promote the integrity of cellular membranes and aid in the safe, healthy removal of toxins through the body's natural detoxification pathways.♦ All of these physiological actions in the body are critical for the longevity and function of the musculoskeletal system.♦ Nearly half (48%) of Americans over age 18 are affected by musculoskeletal (bone and joint) conditions, according to *The Burden of Musculoskeletal Conditions in the United States*.¹

A Look At Key Ingredients:

- **Glucosamine sulfate** and **chondroitin sulfate** are key compounds in JCTH that specifically support cartilage health.♦ Clinical observations demonstrated these two compounds work synergistically when taken together. Glucosamine sulfate promotes healthy connective tissue by supporting glycosaminoglycans, which is a key component to cartilage.♦ In a 2005 *Annals of Pharmacotherapy* article glucosamine sulfate was demonstrated to provide powerful support for joint health.²♦
- **Chondroitin sulfate** is a natural substance found in cartilage and serves an important function in supporting cartilage health.♦ It does so by attracting water to the tissue, which helps to support the cartilage's structural integrity and fluidity.♦
- The sulfur-containing **MSM** also provides necessary building blocks for optimal joint integrity. ♦ This is further supported by vitamin C, which is critical at every level of collagen formation.♦



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- **Green lipped mussel** is a nutritional whole food that is rich in numerous beneficial compounds, including mucopolysaccharides, known to support an already healthy inflammatory response.*
- **Boswellia** has a long history of use as support for joint and bone health.* There is also evidence to suggest it may help in promoting a healthy inflammatory response in the body.* Also in *Phytomedicine*, boswellia was studied and concluded to have the capacity to provide support for joint health.^{3*}
- **Bromelain** is a proteolytic plant enzyme derived from pineapple. It is commonly used as a digestive aid, and also has the capacity to support joint health.* According to the journal *Phytomedicine*,^{4*} bromelain helps to support normal inflammation response and joint health.*

Sources:

1. United States Bone and Joint Initiative: *The Burden of Musculoskeletal Diseases in the United States*. Rosemont, IL: American Academy of Orthopaedic Surgeons (2011)
2. N Poolsup et al, "Glucosamine long-term treatment and the progression of knee osteoarthritis: systematic review of randomized controlled trials," *Ann Pharmacother*, 39(2005):1080-7
3. N Kimmattkar N et al, "Efficacy and tolerability of Boswellia serrata extract in treatment of osteoarthritis of knee--a randomized double blind placebo controlled trial," *Phytomedicine* 10(2003):3-7
4. AF Walker AF et al, "Bromelain reduces mild acute knee pain and improves well-being in a dose-dependent fashion in an open study of otherwise healthy adults," *Phytomedicine* 9(2002):681-6

* 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.

Supplement Facts

Serving Size 3 Tablets

Amount per Serving	% Daily Value	
Vitamin C (Vitamin C, Orange)	25 mg	42
Vitamin D (D3, Alfalfa)	100 IU	25
Vitamin K (K1, Kale)	30 mcg	38
Riboflavin (B2, Pumpkin Seed)	2 mg	118
Vitamin B6 (B6, Green Pepper)	8 mg	400
Calcium (AAC*)	100 mg	10
Iodine (Kelp)	100 mcg	67
Magnesium (AAC*, Alfalfa)	100 mg	25
Zinc (AAC*)	4 mg	27
Copper (AAC*, Lemon Peel)	1 mg	50
Manganese (AAC*, Wild Blueberry)	2 mg	100
Molybdenum (AAC*, Spinach)	25 mcg	33
Boron (AAC*, Broccoli)	2000 mcg	*
Horsetail	560 mg	*
Glucosamine HCL	500 mg	*
Green Lipped Mussel	500 mg	*
Chondroitin Sulfate	400 mg	*
Methyl sulfonyl methane (MSM)	400 mg	*
Boswellia	100 mg	*
Bromelain	50 mg	*

Amount per Serving	% Daily Value
Complete Active Range™ Food Compounds:	
Terpenes (Carotenoids†: Carrot), (Limonoids: Orange Peel, Lemon Peel), (Saponins: Alfalfa Leaf), (Lycopene: Tomato); Phenols (Betanin: Beet Root), (Anthocyanins: Cranberry, Wild Blueberry), (Flavonoids: Acerola Berry, Rose Hips, Quercetin, Rutin); Amines (Enzymes: Papaya Fruit); Polysaccharides (Rice Bran, Shiitake Mushroom), (Pectin: Apple); Organosulfurs (Indoles: Cabbage), (Sulforaphanes: Broccoli), (Isothiocyanates: Kale), (Thiosulfonates: Onion); Lipids (Omega-3: Flax Seed), (Sterols: Pumpkin Seed), (Isoprenoids: Spinach); Organic Acids (Coumaric Acid: Green Pepper) 100 mg *	
* Daily Value not established	
† Amino Acid Chelates	
†† Carotenoids including Lutein, Zeaxanthin, Cryptoxanthin, Alpha-Carotene and Lycopene.	

Other Ingredients: Vegetable Lubricant, Guar Gum, Silica, Vegetable Cellulose.

