

Arthrochron®

The optimal food supplement for persons with joints exposed to strain. All nutrients required for joint metabolism have been combined in balanced quantities. The division of the dose into a morning and an evening capsule, based on chronobiological principles, ensures optimal care of cartilage and brings about rapid pain relief. Undesirable side effects do not occur.

Basic Facts

Arthrosis is defined as a degenerative disease of the joint cartilage. Its frequency increases with age and its progression is accelerated by obesity and lack of exercise. Arthrosis may start at the age of 30 years. At the age of 60 years nearly every human being experiences cartilage wear more or less in all joints, mainly in the knee and the hip. In persons who suffer from arthrosis the normal dynamic balance between the formation and degradation of cartilage is disturbed.

The result is progressive cartilage wear, which may be accompanied by severe pain. The more damaged the sites are, the greater is the pain and the greater the deformation of joints – up to complete loss of function. Arthrosis has been considered incurable so far. In most cases the symptoms could be relieved only by inserting an artificial joint.

However, arthrosis is not merely an age-related fateful disease of joint wear that can only be treated by pain-killers and operations. The underlying causes are frequently undernourishment of the organism in respect of the important components required for the formation of cartilage. One food supplement that provides the body with the nutrients required by cartilage can effectively prevent the degradation of cartilage mass in joints because recent investigations show that the cartilage mass can be regenerated and also achieve greater smoothness.

Effects

It appears that, with increasing age, the body loses its ability to produce adequate quantities of glucosamine, chondroitin and hyaluronic acid. Weight-bearing joints like the knees and hips, and also the wrists and shoulders are most frequently affected by arthrosis.

Glucosamine: the main components of joint cartilage are glucosaminoglycans (amino sugar complexes); glucosamine is one of their constituents. Glucosamine is an amino sugar, a derivative of glucose. The more the body has of this substance, the more glucosaminoglycans (and therefore cartilage mass) are produced. Quite often, sufficient quantities of glucosamine cannot be produced by the body on its own or be ingested with food, because it is present in the joint cartilage of all living beings but is not available in this form in our daily food, and high concentrations of it are only contained in shellfish. Therefore, it has to be administered to the body as a supplement.

Chondroitin: chondroitin is a further component of glycans, which are very important for the formation of cartilage. Its basic structure contains a further aminosaccharide, namely galactosamine. Chondroitin gives the joint cartilage its structure, is responsible for its water-binding capacity and the permeability of nutrients. The latter is especially important, as cartilaginous tissue does not contain any blood vessels and is nourished passively by diffusion alone. Chondroitin plays a role in the restoration of joint function, arthrosis and even fracture healing, as many trials have shown. Quite often, sufficient quantities of chondroitin cannot be produced by the body and or be ingested with food, and also has to be administered to the body as a supplement because the only source of sufficient chondroitin is animal cartilage.

Hyaluronic acid: hyaluronic acid is the main component of joint fluid (synovial fluid). Significant quantities of hyaluronic acid are also found within the joint cartilage. Hyaluronic acid belongs to the group of glucosaminoglycans and is therefore a high-molecular substance. In other words, it is a substance composed of very long molecular chains. Such long molecular chains usually cannot be absorbed by the body. Therefore, hyaluronic acid is used in a special hydrolyzed form, which leads to significantly better absorption of the substance.



MSM: MSM (methyl-sulfonyl-methane) is also termed «organic sulfur» and is one of the main sources of sulfur in our food. It is found in nearly all foodstuffs (milk, fruit, vegetables, grain, meat, fish, etc.) but is destroyed by heating. MSM has an anti-inflammatory and pain-relieving effect and is involved in the regeneration of cartilage and connective tissue. In other words, it enables the body to restore destroyed cells and tissue structures and therefore helps to maintain the functioning capacity of the entire musculoskeletal system.

Zinc and manganese: the trace elements zinc and manganese are involved in the formation of enzymes which, in turn play an important role in building up cartilage mass and synovial fluid.

Resveratrol, OPC and vitamin C: resveratrol and oligomeric proanthocyanide (OPC) are derived from grapes and have an anti-oxidative effect, as does the vitamin C contained in several fruits and vegetables. In other words, they protect the organism from the damaging effect of free radicals which destroy cells and tissue structures.

Coral Calcium®: regulates the pH value of the organism. The more balanced this value the higher the organism's ability to absorb all the other active substances.

Composition

AM capsule (morning)	
	daily dose
Glucosamine sulfate	365 mg
Chondroitin sulfate	210 mg
MSM	100 mg
Calcium (Ca)	15 mg
Resveratrol	0,2 mg
Hyaluronic acid	45 mg
Vitamin C	60 mg
Coral Calcium®	25 mg

in pharmaceutical grade. Other ingredients: magnesium stearat.

PM capsule (evening)	
	daily dose
Glucosamine sulfate	315 mg
Chondroitin sulfate	170 mg
MSM	200 mg
Zinc (Zn)	7 mg
OPC	50 mg
Manganese (Mn)	1,6 mg
Hyaluronic acid	45 mg
Coral Calcium®	25 mg

in pharmaceutical grade. Other ingredients: magnesium stearat.

Dosage

In normal cases take 1 capsule AM (yellow) in the morning and 1 capsule PM (blue) in the evening with plenty of fluid. In case of extreme joint problems the daily dose may be increased to 2 capsules in the morning and 2 capsules in the evening.

Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

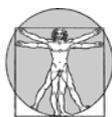
Store in a cool and dry environment, out of reach for children.

Arthrochron® Product Groups

Arthrochron® can be found in the following product groups (www.vitabasix.com):

-  **Bones & Joints**
-  **Chronobiology**
-  **Pain & Inflammation**

Manufacturer:



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Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version May 2020