

Glucosamine

Glucosamine is an important element of the cartilage ground substance. Its production, however, is often reduced in damaged joints. But only sufficient quantities of glucosamine induce the cartilage cells to produce more collagen fibers.

Basic Facts

With progressing age, various factors (hormonal variations, false nutrition, free radicals and others) reduce the ability of the body to regenerate. An artificial supply with the necessary substances, however, may counteract this development.

Apart from chondroitin sulfate, glucosamine is an important element of the cartilage substance whose production is often reduced in affected joints.

This impairment of the glucosamine production seems to be the end result that such different joint affections as accident-related injuries, chronic abnormal loading and overstrain, atrophies caused by taking relieving postures for a long time, circulatory disturbances in the bones adjacent to cartilage tissue and in the joint capsule, deposits of uric acid crystals (gout), inflammations and autoimmune diseases have in common. A causal therapy exists for only few of these affections. However, the important consequence all these affections have on health, namely the limitation of the cartilage metabolism which causes the cartilage to lose its elasticity so that it is no longer able to adequately react to physical strain, can be treated.

Glucosamine consists of glucose and the amino acid glutamine and causes the cartilage mass to be soft, moist and flexible. It binds water in highly polymeric compounds (proteoglycans and glycosaminoglycans, which consist of glucosamine among other things, are cross-linked to form mucopolysaccharides). This is important for the nutrition of cartilage, which does not contain blood vessels and therefore has to be nourished from outside through diffusion, and for the elastic consistency of cartilage as well as the lubrication of its surface.

Effects

Glucosamine stimulates the chondrocytes; these are the cartilage cells which are built into the intercellular substance of the cartilage and which form the mucopolysaccharides and the fibers of the connective tissue the cartilage matrix consists of.

This serves to avoid the appearance of attrition, and already existing damage can be reversed. Like the bone substance, cartilage tissue can be formed again when the required basic substances are available in the body.

Glucosamine, however, is no pain killer. One should therefore not expect a quick onset of the effect in case of severe joint complaints. In the long run, however, it shows its superiority over mere painkillers which neither improve the ability of the joints to regenerate nor their function but may even aggravate the situation in the worst case. Only a joint cartilage having a well-balanced metabolism in which new formation and loss are counterbalanced can, in the long-term, guarantee unlimited flexibility of the joints free from pain.

It is necessary to start the substitution therapy in time, though. As soon as joint damage has led to bony adhesions and calcifications of the ligaments and the joint capsule, even a normalization of the metabolism in the cartilage cannot bring about complete healing.

And yet clinical tests have shown amazing improvements even in cases where deforming joint damage had already progressed far, provided glucosamine was taken on a long-term basis. After a period of only a few weeks, this therapy even proved to be more effective against pain than mere painkillers.



Composition

One capsule contains 750mg glucosamine sulfate in pharmaceutical grade. Other ingredients: microcrystalline cellulose, tricalcium phosphate, magnesium stearate, stearic acid, SiO₂.

Dosage

In normal cases take 1 capsule 2 times a day at mealtimes with plenty of fluid.

In case of overweight, the dose may be increased to 20mg/kg body weight.

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.

Glucosamine Product Groups

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

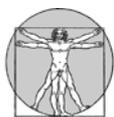


Bones & Joints



Pain & Inflammation

Manufacturer:



VitaBasix[®]

by LHP Inc.

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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.

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