



## Facts

Your body's joints act as shock absorbers that help cushion the skeletal system and permit movement.

Maintaining normal, healthy joints should be a lifelong goal.

The body requires a compound called glucosamine to help the normal production of glycosaminoglycans, the key structural components of cartilage.

## The Pharmanex® 6S Quality Process

The Pharmanex® 6S Quality Process is central to our mission of creating health-promoting natural products with known content and uniform consistency.



## Ordering Information

#01 003231 (120 capsules, 30 day supply bottle)  
To order Cartilage Formula or for more information contact:



or call 1-800-487-1000

[www.pharmanexusa.com](http://www.pharmanexusa.com)

# Cartilage FORMULA

100% Natural



## FOR ACTIVE LIFESTYLES

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 PHARMANEX®

# Overcome the Normal Stiffness and Discomfort Affecting Your Active Lifestyle

## What Is Cartilage Formula?

Your body's joints enable you to enjoy movement. The cartilage found in a joint acts as a cushion and lubricant between bones. Maintaining normal, healthy joints should be a lifelong goal. To achieve this, it is important to adopt a healthy lifestyle. Elements of healthy living that help maintain healthy joints include sustaining a healthy body weight, regular and appropriate exercise, and eating a nutritious and healthy diet.



When taken twice daily, Pharmanex® Cartilage Formula supplies 1500 mg of glucosamine, which is a nutritional building block for the structural components (glycosaminoglycans) of joints and cartilage.\* Cartilage Formula glucosamine helps maintain normal structure and function of healthy joints and other connective tissues.\*

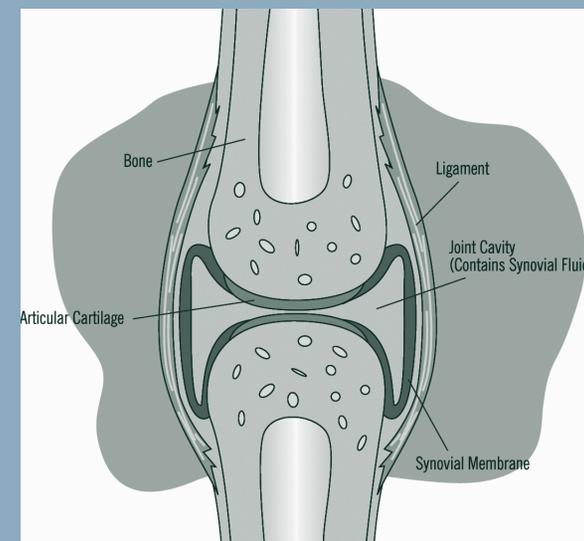
## The Benefits of Cartilage Formula

- Supplies a clinically significant level of glucosamine (1500 mg), a key building block of joint cartilage\*
- Provides nutritionally meaningful levels of vitamin C (200 mg) with 95% curcumin to fight free radicals\*

- Contains a quality, standardized extract of *Boswellia serrata* with 65% boswellic acids to help maintain flexibility\*
- Contains the antioxidant flavonoids quercetin (50 mg) and rutin (50 mg) for additional nutritional support
- Provides a nutritionally significant amount of the trace mineral zinc (15 mg) and also contains the trace mineral boron (6 mg), both of which are important for healthy joint function

## Ingredients in Cartilage Formula

Pharmanex® Cartilage Formula provides an advanced blend of glucosamine, antioxidant vitamins C and E, trace minerals, and flavonoids for comprehensive nutritional support. The bioflavonoids quercetin and rutin are included among several antioxidants in this formula. Research has clearly demonstrated that people with poor joint mobility often have an increased level of free radicals. The bioflavonoids were chosen because they have been shown to be involved in connective tissue protection, and they have been shown to help regenerate the antioxidant properties of vitamin E and C. *Boswellia serrata* contains the active dietary component boswellic acid. Research indicates that boswellic acid helps maintain comfortable mobility.



## Supplement Facts

Serving Size—Two Capsules  
Servings Per Container 60

	Amount Per Capsule	% Daily Value
Vitamin C (as Calcium Ascorbate, Ascorbic Acid)	100 mg	167%
Vitamin E (as D-Alpha Tocopheryl Succinate, Beta, Gamma, Delta Tocopherols)	50 IU	167%
Zinc (as Zinc Propionate)	7.5 mg	50%
Glucosamine (as Glucosamine Sulfate, Glucosamine Hydrochloride)	750 mg	*
Boswellia Serrata Sap Extract (65% Boswellic Acids)	150 mg	*
Turmeric Root Extract (95% Curcumin)	100 mg	*
Quercetin	25 mg	*
Rutin	25 mg	*
Boron (as Boron Citrate)	3 mg	*

\*Daily Value not established.

**Other Ingredients:** Gelatin, Magnesium Stearate, Silicon Dioxide.

\* 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.