

# Joint Symptoms\*

## Are Systems Out Of Alignment



**M**any people are unaware of the multiple body systems involved with joint health. Source Naturals ULTRA JOINT RESPONSE™ is a Bio-Aligned Formula™ that goes deep to bring alignment to these multiple systems. It features structural building blocks, tissue production cofactors, and ingredients that aid the body's mechanisms for soothing relief and antioxidant defense.

### Joint Support Formulations

You can use ULTRA JOINT RESPONSE alone or as the core of your healthy joints program, complementing it with additional potencies and ingredients. These include: GLUCOSAMINE CHONDROITIN WITH MSM™, MSM Cream, SAME, CM COMPLEX™ Cetyl Myristoleate, and BROMELAIN. For muscle discomfort and fatigue, Source Naturals also offers you FIBRO-RESPONSE™ Bio-Aligned Formula.



\*The term symptom as used in this newsletter refers to the effects of nutrient shortages or imbalances and is not related to the diagnosis, treatment, cure or prevention of any disease.

**SOURCE NATURALS®**

Strategies for Wellness<sup>SM</sup>

**ULTRA JOINT RESPONSE™:**  
**BIO-ALIGNED FORMULA**

ULTRA JOINT RESPONSE uses scientifically researched ingredients and nutritive co-factors for a comprehensive approach to soothing, lubricating, rebuilding and aligning connective tissue, joints, tendons and ligaments.

MSM dietary sulfur, glucosamine and sea cucumber provide structural building blocks that are necessary to help maintain the integrity of joints and connective tissue. Vitamins A, B-6 and C, zinc, manganese, and copper act as co-

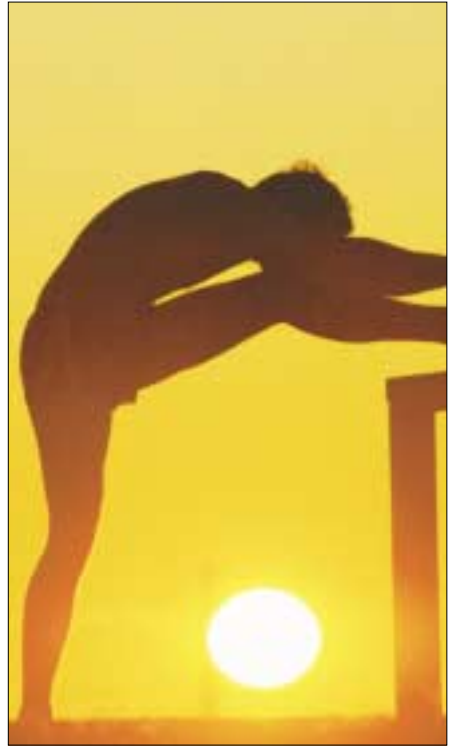


factors or parts of enzymes that play a role in connective tissue formation and maintenance.

Various soothing herbs, rich in polysaccharides and other constituents, assist the body's natural mechanisms for soothing relief.

Finally, *N*-acetyl cysteine, grape seed, beta carotene, vitamin C, zinc, selenium, horse chestnut, turmeric, and quercetin support the body's natural

antioxidant response, thereby helping maintain the health and integrity of joints and tissues (specifically cell membranes).



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**ULTRA JOINT RESPONSE™: A Bio-Aligned Formula™**  
**Multi-System Support for Joints & Connective Tissue**

**Structural Building Blocks**

Glucosamine Sulfate, MSM,  
Sea Cucumber

**Tissue Production Co-Factors**

Copper, Manganese,  
Molybdenum, Zinc, Vitamins A,  
B-6 & C, Niacinamide

**Soothing Relief Mechanisms**

Aloe Vera, Ashwagandha, Boswellia  
Serrata, Horse Chestnut, Nettle,  
Quercetin, Turmeric, Copper

**Antioxidant Defense**

*N*-Acetyl Cysteine, Grape Seed,  
Horse Chestnut, Quercetin,  
Turmeric, Selenium, Zinc, Vitamins  
A & C, Beta Carotene

## GLUCOSAMINE CHONDROITIN WITH MSM: HOT RESEARCHED INGREDIENTS

For added support, Source Naturals offers you a formula that combines higher potencies of the most popular joint nutrients: glucosamine sulfate, chondroitin sulfate and MSM.

GLUCOSAMINE CHONDROITIN COMPLEX WITH MSM provides the same amounts of chondroitin and glucosamine shown in recent research to support healthy joints—along with MSM, vitamin C, and molybdenum, for a more powerful product. Together, these ingredients promote joint, tendon and ligament flexibility and easy joint movement.

## MSM CREAM: TOPICAL SUPPORT

For protection from the outside in, Source Naturals offers you the benefits of MSM dietary sulfur in an advanced liposomal cream. Liposomal technology is an exceptional method for penetration and absorption of key ingredients.

## FIBRO-RESPONSE: BIO-ALIGNED FORMULA

Dealing with the muscle discomfort that affects millions in our society requires more than alleviating fatigue. FIBRO-RESPONSE influences specific body systems and tissues involved in joint health and muscular metabolism.

Malic acid and magnesium, supplied in the same amounts used in recent research, help support muscular energy production, along with coenzyme Q10, lipoic acid and B-complex vitamins. MSM, copper, manganese, molybdenum, zinc, vitamin C, and beta carotene support healthy connective tissue, which is essential for proper joint and muscle function. Key ingredients, including *N*-acetyl cysteine and silymarin aid the liver in eliminating toxic waste from blood and tissues. Ingredients including lipoic acid, selenium, *N*-acetyl cysteine, and coenzyme Q10 support antioxidant defense, thereby helping to maintain tissue integrity. And ginkgo and GABA are among the ingredients that support clear focus and stress reduction.

## LIFESTYLE TIPS FOR HEALTHY JOINTS: A STRATEGY FOR WELLNESS<sup>SM</sup>

Healthy lifestyle habits should be part of your individual strategy for joint wellness.



### FIBRO RESPONSE™ : A Bio-Aligned Formula™ Multi-System Support for Muscle Discomfort

#### Joint & Connective Tissue

MSM, Copper, Manganese, Molybdenum, Zinc, Vitamin C, Beta Carotene

#### Energy Generation

Coenzyme Q10, Ginseng, alpha-Lipoic Acid, Malic Acid, Chromium, Copper, Magnesium, Manganese, Zinc, Vitamin B-1, B-2, B-5 & B-6, Folic Acid, Niacin, Niacinamide

#### Liver & Detoxification

Chinese Liver Blend, Coenzyme Q10, *N*-Acetyl Cysteine, Dandelion, alpha-Lipoic Acid, Silymarin, Vitamins B-2 & C

#### Antioxidant Defense

Coenzyme Q10, *N*-Acetyl Cysteine, Ginkgo Biloba, alpha-Lipoic Acid, Silymarin, Selenium, Zinc, Vitamin C, Beta Carotene

#### Brain & Nerves

Coenzyme Q10, GABA, Ginkgo Biloba, alpha-Lipoic Acid, Skullcap, Magnesium, Vitamins B-1, B-2, B-5 & B-6, Folic Acid, Niacin, Niacinamide

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• **Watch Your Weight.** Population-based studies, including the well-known Framingham study, have consistently shown a link between obesity and challenges to joint health. Excess weight causes pressure on joints, and can speed the rate at which cartilage wears down.

• **Eat Healthy.** To support healthy joints, increase your intake of omega-3 fatty acids from salmon, sardines, flax seeds or flax oil, avoid excess protein intake, and replace animal with plant proteins when possible. You should also eat lots of organically grown fruits and vegetables, and eliminate polyunsaturated and hydrogenated oils.

• **Exercise Regularly.** Regular physical activity helps lubricate cartilage, strengthens muscles around joints, and promotes weight control. An exercise program geared to joint health includes stretching, mild weight training, and low-impact aerobics.

• **Rest and Relaxation.** Regularly scheduled rest gives your body time to recover and rebuild, allowing you to make the most of your exercise program. It's important to know when to slow down.

• **Supplementation.** In addition to the formulas described above, Source Naturals offers a range of products that can supplement your strategy for joint wellness. These include the pineapple enzyme BROMELAIN; SAME, a natural compound formed from the amino acid methionine, which has been found to support joint comfort and mobility; and CM COMPLEX™ Cetyl Myristoleate, a fatty acid ester shown in recent research to reduce joint discomfort.

## References

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To learn more about Source Naturals Bio-Aligned Formulas™, visit our website, [www.sourcenaturals.com](http://www.sourcenaturals.com), or look for the Bio-Aligned Chart Book at participating health food stores.



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*Strategies for Wellness<sup>sm</sup>*

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