

Maximum Joint Health

Contains 250mg of New Zealand Green Lipped Mussel

If you suffer with joint pain, you know the discomfort experienced when performing even routine activities. Pain in your hands can cause pain while typing, gardening – even something as simple as buttoning clothes. There are many causes, and several treatments for joint health. Understanding what causes the pain is only the beginning. There is hope for relief!

Supplement Facts		
Serving Size 2 Tablets		
Amount Per Serving	%Daily Value	
Vitamin A (acetate)	100 IU	2%
Vitamin C (as ascorbic acid)	1 mg	2%
Vitamin E (as d-Alpha tocopheryl acetate)	1 IU	3%
Vitamin B-1 (thiamine hcl)	1 mg	67%
Vitamin B-2 (riboflavin)	1 mg	59%
Niacinamide	1 mg	5%
Vitamin B-6 (as pyridoxine hcl)	1 mg	50%
Vitamin B-12 (cyanocobalamin)	10 mcg	167%
Manganese (sulfate)	320 mcg	16%
Zinc (amino acid chelate)	200 mcg	1%
Selenium (amino acid chelate)	20 mcg	29%
Copper (amino acid chelate)	100 mcg	5%
Chromium (amino acid chelate)	20 mcg	17%
Glucosamine Sulfate	500 mg	*
Chondroitin Sulfate	400 mg	*
Shark Cartilage	750 mg	*
New Zealand Green Lipped Sea Mussel	250 mg	*
MSM (methylsulfonylmethane)	250 mg	*
L-Histidine	10 mg	*
Boron (amino acid chelate)	1 mg	*
Alfalfa Powder	25 mg	*
Yucca Extract (29% saponins)	1 mg	*
Devil's Claw (powder)	1 mg	*
Cetyl Myristoleate	1 mg	*
*Daily Value not established.		

Vitamins

Minerals

Anti-Inflammatory

More Good Stuff!

Dosage: Now in a convenient tablet form. 90 Tablets. Take 1-2 three times a day for strong Joint benefits.

Caution: Do not use this product if you are allergic to shell fish.

TREATMENT

Glucosamine is a treatment growing in popularity for treating minor arthritis pain. This product is derived from shellfish (keep this in mind if you have allergies), with promising results. This is a natural substance to treat the symptoms. Glucosamine is believed to work by helping the body's cartilage retain water, making the elastic layer more functional and providing pain relief. Glucosamine is available in capsule or liquid form.

Chondroitin, a product derived from shark and cow cartilage, is another natural joint pain reliever. This is believed to work by stimulating the production of proteoglycan. It also prohibits the proteolytic enzymes, known for destroying the cartilage. This is good for overall health.

These two treatments are often used in conjunction with each other.

MSM (also known as methylsulfonylmethane), is a sulfur treatment. This is an important part of maintaining the joints and cartilage. Naturally occurring in some foods, it has been developed into a dietary supplement. This ingredient is shown to not only help with joint pain, but also contributes to energy, hair skin and nail development. This can be taken alone or in conjunction with the chondroitin and glucosamine to get the best results for joint pain.

PREVENTATIVE

There are things you can do to prevent your joint pain. Exercise and developing a strong skeletal system are key elements to avoiding pain. When exercising, avoid jarring movements since this can make it worse later on. As a side effect of exercise, your weight will be under control. Keeping a healthy weight is also an important element in preventing joint pain.

Dietary choices can aid in keeping joint pain lower. Vitamin C and calcium are believed to be beneficial in joint health, as well as omega-3 (found in fish or fish oil supplements). The fatty acids are supposed to aid in joint pain from arthritis.

MAINTENANCE

Once you have found the causes of your joint pain, and have found an effective treatment, it is important to keep up your supplements and make sure that you continue to exercise and incorporate other lifestyle changes. With a combination of diet and exercise, and making sure your body has the necessary supplements, you can begin to experience less joint pain.

While it is hard to deal with joint pain as an ongoing problem, proper management can help you get your life back. You don't have to give up the things that you love or modify every part of your lifestyle with joint pain. There are countless people that have learned to negotiate joint pain, and have experienced a tremendous reduction in pain. Get your life back and more fully functioning. Max Joint Health will help you to do this.



Smile!

Garey Simmons is a holistic health coach, dietary supplement expert and board certified by the American Association of Drugless Practitioners. Garey turned his health challenges around in just a few months by using Omega-3 supplements. Garey is a graduate of the New York Institute of Integrative Nutrition and lives in Baltimore, MD and is the father of ten children.

"Smile at the fact your body works flawlessly 99% of the time!"

Garey's Signature Guarantee: I personally stand behind my products, my website and my staff. If you have any concerns, please ***contact me for a quick response!*** Thank you!

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