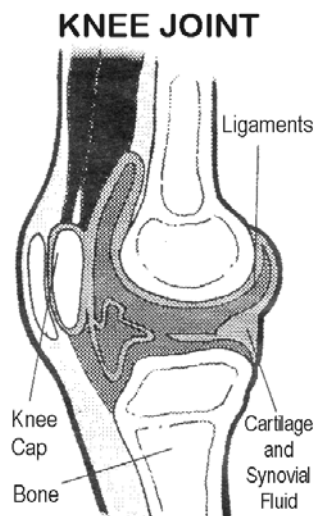


Glucosamine and chondroitin sulfate are two natural substances that are found in normal joint tissue. Their two substances are the foundation for the natural arthritis program recommended by Jason Theodosakis, M.D., M.S., M.P.H. in his best selling book, "The Arthritis Cure". According to Dr. Theodosakis, glucosamine and chondroitin sulfate, when taken in supplemental form, have been shown to reverse damage in joint cartilage and have produced tremendous results in reducing the pain and discomfort caused by arthritis.

In his book, Dr. J. Theodosakis recommends supplementing your diet with a combination of 500 mg. Glucosamine sulfate and 400 mg. Chondroitin sulfate per dosage, as a dietary supplement depending on your body weight.

**Joint/Renu** contains 500 mg. Of 100% pure crystalline glucosamine Sulfate and 400 mg. Of 100% pure Chondroitin Sulfate per dosage. This is the highest potency of ingredients on the market and the perfect 5:4 ratio of glucosamine to chondroitin. In addition, **Joint/Renu** also contains 500 mg. Vitamin C (which is essential for proper assimilation of the glucosamine and chondroitin), 100 mg Calcium, 20 mg Zinc, and 900 mg Hydrolyzed Collagen (protein). Not only does this combination makes **Joint/Renu** the most effective product available today, you will find our prices to be among the lowest on the market.

**Joint/Renu** (containing both glucosamine and chondroitin with vitamin C) makes it easier to stick to your program outline by Dr. J. Theodosakis because you have fewer pills to swallow by getting the recommended 5:4 ratio plus vitamin C and other essential nutrients. When taking **Joint/Renu**, some people notice an effect within a few days, while others may have to wait up to eight weeks. In rare cases, three to four months are needed to notice an effect.



Using **Joint/Renu** with anti-inflammatory pills (NSAIDS) is safe and can in fact be helpful. Evidence suggests that using glucosamine counteracts the normal decrease in proteoglycan (cartilage) synthesis associated with the use of some NSAIDS. Fortunately, most patients are able to stop using their NSAIDs after taking glucosamine and chondroitin for two to eight weeks. Some who have been taking NSAIDs for decades have been able to get off them completely. Other factors that can positively contribute to your joint health are proper nutrition and a healthy diet, slimming down to your ideal body weight, avoiding depression and actively treating it should it exist.

**Directions: Take two capsules with meals 2 times daily or by body weight: Less than 140 lbs, 4 capsules/day; 140lbs – 200. 6 capsules/day; over 200 lbs, 8 capsules/day.**

**Nature Cure Inc.**  
**Binghamton, NY 13902**  
call toll free:  
**1-888-477-2873**

**A Dietary Supplement  
Shown Effective for  
Reversing Cartilage Damage  
And Relieving Pain for  
People Who Suffer  
From Arthritis**

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**Joint/Renu**  
**High Potency Formula**

**Glucosamine Sulfate  
Chondroitin Sulfate  
With Vitamin C, Zinc, Calcium, and  
Collagen**

**\$29.95**  
**120 Caplets**

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**Binghamton, NY 13902**  
**1-888-477-2873**

*This product does not simply suppress symptoms, it is a natural substance that improves a condition by addressing the underlying cause and supporting the body's natural ability to heal itself.*

## ***Why Cartilage Fails***

Cartilage has two key structural components: very strong collagen fibers which are made of protein, and a reinforced gel, which is made of proteoglycans (actually chondroitin sulfate molecules) which weave through the collagen fibers in every direction, and water, which fills up the space between. The collagen and the proteoglycans are manufactured by cells called chondrocytes (which also contain chondroitin sulfate scattered about the cartilage matrix, they also dispose of worn out collagen and proteoglycans. Free-floating chondroitin sulfate, with its sulfur atoms, grab nutrients for the chondrocytes. Since cartilage does not have a network of blood vessels to bring in oxygen and nutrients and carry away waste products, it depends on the steady ebb and flow of fluid for nourishment and cleansing.

Repeated stress to a joint can weaken or damage its cartilage, leading to discomfort and reduced mobility. Cartilage repairs itself very slowly, due to its poor nutrient supply and the fact that joints are seldom given time to rest. The abnormal buildup of free radicals from many causes, including diet, inflammation and infection, trigger release of excess enzymes that break cartilage down, and inhibits production of proteoglycans and chondroitins sulfate.

## ***What does Glucosamine do?***

Glucosamine sulfate, made up of sugar and an amino acid, makes up 50% of hyaluronic acid, which is the “base” of the proteoglycans, and also is a key factor in stimulating the chondrocytes to produce new collagen, proteoglycans and chondroitin sulfate to replace to old. It is the starting point for the synthesis of many important macro-molecules that make up many of the body's tissues. A deficiency of glucosamine can reduce the rate of production of these important macromolecules thereby leading to specific tissue weakness. In certain cases of trauma to the tissues, the amount of glucosamine normally synthesized by the body is insufficient. The tissues containing these glucosamine macromolecules include tendons and ligaments, cartilage, synovial fluid, mucus membranes, several structures in the eye, blood vessels, and heart valves.

Glucosamine helps to reduce pain and improve joint function in those afflicted with osteoarthritis. It has also been shown to inhibit at least two of the enzymes that degrade cartilage and has certain antireactive properties. This means that glucosamine actually blunts the damaging effects of certain chemicals on the cartilage in joints.

Supplements of glucosamine sulfate may help to restore normal chondrocyte metabolism, which in turn may facilitate reversing cartilage breakdown and reducing pain. Glucosamine sulfate can increase the chance for positive results in a short period of time for a variety of problems including: breakdown and inflammation of the synovial fluids, damage to the tissues, ligaments and muscles, inflamed disc and sciatica nerve, inflamed joints associated with aging, loss of elasticity in the intervertebral discs.

## ***Glucosamine vs. Traditional Treatments***

Improvements occur more slowly with glucosamine sulfate than with over-the-counter arthritis medications (NSAIDs), but eventually glucosamine overtakes the NSAIDs in terms of effectiveness. In one study that compared glucosamine sulfate to ibuprofen, pain scores decreased faster in the first two weeks in the ibuprofen group, however, by the fourth week of the study, the group receiving the glucosamine sulfate was doing significantly better than the ibuprofen group. In another study 30 patients with osteoarthritis were divided into two groups, half received a traditional arthritic drug formula. Both groups showed improvement in the early stages of the study, with the glucosamine sulfate group improving to a significantly greater extent after the first several weeks. By the end of the study, the control group using the arthritis formula reverted almost to pretreatment levels. In addition, glucosamine sulfate is virtually free of side effects, there are no known contra-indications, it is readily absorbed from the intestines, stays in the blood for several hours and very little is excreted. In contrast, conventional arthritis medications can cause relatively severe side effects. Current medical treatment for osteoarthritis simply suppresses symptoms, and since it does not address the underlying causes, it actually promotes the disease process.

*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.*

## ***What are Chondroitin Sulfates?***

Chondroitin sulfates are long molecular chains that have a negative electrical charge and are composed of sugar units that very effectively attract and capture fluid giving cartilage its sponge-like quality. Chondroitin sulfate is essential to cartilage growth and repair. Without enough chondroitin sulfate, cartilage integrity seriously declines. Chondroitin sulfate production declines with age, is disrupted by stress or injury, and is also inhibited by the very anti-inflammatory and corticosteroid drugs often prescribed for arthritis!

Chondroitin sulfate supplements help diminish the cartilage-destroying enzymes in joints affected by osteoarthritis. Chondroitin sulfate also accelerates wound and ulcer healing by helping chondrocytes form collagen fibers to close the opening, promotes cardiovascular health by activating a fat-digesting enzyme called lipoprotein lipase on the inner surface of the capillaries, which helps blood flow through the capillaries.

## ***Chondroprotective Checklist***

Glucosamine sulfate and chondroitin sulfate used together successfully address the causes of cartilage damage at the cellular level, between them they meet all of the requirements for “true” chondroprotective agents: enhancement of cartilage cell macro-molecular synthesis (GAGs, proteoglycans, collagens, proteins, RNA and DNA); enhancement of the synthesis of hyaluronic acid; inhibition of enzymes which degrade cartilage cell macro-molecules; dislodging of thrombi (clots), fibrin, lipids, and cholesterol deposits in synovial spaces in joints and in blood vessels surrounding them; reduce joint pain and synovitis (irritation of the synovial membrane).

## ***The Importance of Collagen***

Collagen, or hydrolyzed amino acids from protein, is essential for the growth and development of all body tissue, and is especially important for healthy cartilage. Protein is absolutely essential for healthy brain tissue and a healthy heart, to maintain our muscles, and even our hair, skin and nails.