

## PRODUCT INFORMATION

# Arthrochron®

*Arthrochron® is the optimal supplement for those whose joints are exposed to daily wear and tear or frequent strain. Its balanced formula combines all the nutrients required for healthy joints in one complete formula. The division of the doses into a morning and an evening capsule, based on chronobiological principles, ensures optimal support for joints and cartilage without unwanted side effects.*

### Basic Facts

Concerns relating to joint and cartilage health tend to increase with age, and are also typically accelerated by factors like obesity and lack of exercise. Joint concerns may arise as early as age 30, and by age 60 nearly every human being will experience wear and tear of the cartilage of at least one joint – most often the knee or hip. In those who suffer from joint concerns, the healthy balance between the formation and degradation of cartilage is often disturbed, resulting in cartilage wear that may or may not be accompanied by minor discomfort.

Although the symptoms relating to joint wear and tear can ultimately be relieved by drastic measures like medication or surgery, underlying causes, such as a lack of important components required for the formation of cartilage in the body, are often left unaddressed. Supplementing the diet with the nutrients required to nourish the cartilage can effectively help protect cartilage and joint health.

### Effects

With increasing age, the body loses its ability to produce adequate amounts of nutrients like glucosamine, chondroitin and hyaluronic acid. This deficiency tends to primarily affect the weight-bearing joints, such as the knees and hips, however the wrists, shoulders or other joints may also be affected.

**Glucosamine sulfate:** The main components of joint cartilage are glucosaminoglycans (amino sugar complexes), of which glucosamine sulfate, an amino sugar and derivative of glucose, is one constituent. The more glucosamine sulfate the body has, the more glucosaminoglycans (and therefore cartilage mass) it can produce. Quite often, the body is unable to produce sufficient

quantities of glucosamine on its own. It is also difficult to get enough glucosamine from the food we eat, because although it is present in the joint cartilage of all living beings, it's not available in this form in the food we eat. Additionally, high concentrations of this substance are only found in the exoskeleton of shellfish. Therefore, the best way to get additional glucosamine is through supplementation.

**Chondroitin sulfate:** is a component of glycans, which are crucial for the formation of cartilage. Its basic structure contains another aminosaccharide called galactosamine. It gives the joint cartilage its structure and is responsible for its water-binding capacity and for allowing the permeability of nutrients. The latter role is especially important, as cartilaginous tissue does not contain any blood vessels and is only nourished passively via diffusion. Chondroitin is necessary for the restoration of joint function, and even in the healing of fractures, as many clinical trials have shown. Quite often, the body is not able to produce adequate quantities of it. Chondroitin is also not available in the food we eat, because the only food source of chondroitin is animal cartilage. Thus, like glucosamine, it also must be administered to the body in the form of a supplement.

**Hyaluronic acid:** Hyaluronic acid is the main component of the synovial fluid found between the joints. Significant amounts hyaluronic acid are also found within the joint cartilage. Hyaluronic acid belongs to the group of glucosaminoglycans and is composed of very long molecular chains, so is normally not absorbed well by the body. The hyaluronic acid in Arthrochron® is in a specially hydrolyzed form, allowing for significantly better absorption.

**MSM:** MSM (methyl-sulfonyl-methane), also known as organic sulfur, is one of the main sources of sulfur in our food. It is found in nearly all foodstuffs (like milk, fruit, vegetables, grain, meat and fish) but is destroyed by heating. MSM can help soothe minor joint discomfort and is involved in the healthy regeneration of cartilage and connective tissue, helping the body to maintain joint and musculoskeletal health.

**Zinc and manganese:** These trace elements are involved in the formation of certain enzymes that play an important role in maintaining healthy cartilage mass and synovial fluid levels.



**Arthrochron®**

- ▶ Chronobiologically oriented formulation
- ▶ Helps maintain healthy joints
- ▶ Supports healthy cartilage
- ▶ Helps protect against age-related signs of wear and tear

At a Glance

Arthrochron®

**Resveratrol, grape seed extract and vitamin C:** Resveratrol and grape seed extract (from the variety *vitis vinifera*) are derived from grapes and have anti-oxidative properties, as does vitamin C, which is contained in several fruits and vegetables. These nutrients all work to protect against free radicals which can wreak havoc on cells and tissue structures.

**Coral Calcium®:** This substance regulates the pH value of the body; the more balanced the body's pH, the better its ability to absorb the active ingredients in Arthrochron®.

## Uses

Common treatments address only the symptoms of joint concerns, bringing only short-term relief. Because they do not address the disturbed balance between cartilage formation and degradation and the resulting loss of cartilage mass, they do little to address the underlying problem. Additionally, many solutions have undesirable side effects which may be damaging to health in the long-term.

Arthrochron® is a safe natural alternative for maintaining joint and cartilage health. Glucosamine and galactosamine derivatives promote the healthy production of substances required to maintain sufficient joint function and cartilage mass, while also helping to soothe minor joint discomfort and maintain healthy freedom of movement. For optimum benefits, long-term supplementation with Arthrochron® is recommended.

The division of the Arthrochron® doses into a morning and evening capsule, based on chronobiological principles, ensures that the joints and cartilage receive an optimal supply of nutrients throughout the day.

## Composition

AM capsule (morning)	
	daily dose
Glucosamine sulfate	365 mg
Chondroitin sulfate	210 mg
MSM	100 mg
Calcium (Ca)	15 mg
Resveratrol	0.2 mg
Hyaluronic acid	45 mg
Vitamin C	60 mg
Coral Calcium®	25 mg

in pharmaceutical grade. Other ingredients: magnesium stearate.

PM capsule (evening)	
	daily dose
Glucosamine sulfate	315 mg
Chondroitin sulfate	170 mg
MSM	200 mg
Zinc (Zn)	7 mg
Grape seed extract (from the variety <i>vitis vinifera</i> )	50 mg
Manganese (Mn)	1.6 mg
Hyaluronic acid	45 mg
Coral Calcium®	25 mg

in pharmaceutical grade. Other ingredients: magnesium stearate.

## Dosage

In normal cases take 1 capsule AM (yellow) in the morning and 1 capsule PM (blue) in the evening with plenty of fluid. In case of extreme joint problems the daily dose may be increased to 2 capsules in the morning and 2 capsules in the evening.

## 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.

### Arthrochron® Product Groups

Arthrochron® can be found in the following product groups ([www.vitabasix.com](http://www.vitabasix.com)):

-  **Bones & Joints**
-  **Chronobiology**
-  **Pain & Inflammation**

Manufacturer:



**VitaBasix®**

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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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