

Glucosamine and Chondroitin

(Nutra-Life Joint food, Nutra-Life Joint and Cartilage Repair Formula and Nutra-Life Joint Factors 4500)

Guidelines for use by Gary Moller

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These powder forms of glucosamine and chondroitin are the affordable way to consume sufficient quantities of this nutritional product to have a noticeable and sometimes dramatic effect on joint health, including joint pain. These may also be beneficial for all collagen tissues of the body, including skin, hair and nails.



1. Take the recommended maximum daily servings as printed on the container for the first three months
2. After three months take lesser amounts as you feel inclined
3. Take the maximum recommended daily serving during any times of unusual physical stress/training or if suffering acute joint pain for any reason. Continue for several days after being pain free.

Serving suggestions

Nutra-Life Joint Food is kind of sweet, so you can serve it with many foods

1. Sprinkle on cereal and muesli
2. Add to your daily vitamin drink or fruit juice
3. Try as a sweetener in your cup of tea or other beverages
4. Mix into a glass of water and drink straight.
5. Add it to your Super Smoothies

The other joint food formulations sold at Myotec - **Balance Joint and Cartilage Repair, Joint Factors 4500** and **Joint and Cartilage Repair** are all citrus flavoured, so best taken as a refreshing drink. Try mixing with tonic or soda water, but take care when mixing as it tends to foam over! [Here is the direct link to all of these products.](#)

Storage

Keep in a dark cool place and tightly sealed at all times to keep fresh and use it all up once opened and don't leave lying about for months.

Other Recommendations for joint health

Add Omega3 rich fish oil capsules and/or flax seed oil and evening primrose oil to your diet. It is strongly recommended that you add vitamin C and Calcium Complete (With trace minerals and vitamin D) for strong bones and healthy connective tissue, including cartilage. All of these are available from the Myotec Store www.myotec.co.nz.

