

Product Name:

Joint-Plex

NPN:

80013877

Galenic Form:

Tablet

Format:

90 tablets

Ingredients:

Each tablet contains:

Glucosamine sulfate (glucosamine sulfate 2KCl from shellfish exoskeleton)	500 mg
Boswellia (<i>Boswellia serrata</i> gum) extract (std. to 25% boswellic acid).....	300 mg
Ginger (<i>Zingiber officinale</i> rhizome) extract (std. to 16.5% gingerols)	100 mg
Broccoli (<i>Brassica oleracea</i> seed) (std. to 10% sulforaphane glucosinolate).....	95 mg

Non-medicinal ingredients:

Cellulose, croscarmellose sodium, stearic acid, hypolose, magnesium stearate, silicon dioxide, hypromellose, glycerin.

This product does not contain dairy, egg, gluten, soy, sulfites, or artificial flavours, colours, or preservatives.

Formula Rationale:

The combination of ingredients in *RxBalance™ Joint-Plex* is based on well-established evidence of **glucosamine sulfate** and its effects on the relief of joint pain associated with osteoarthritis, its protection against the deterioration of cartilage, and its contribution in the building of healthy cartilage. This ingredient, dosed at the proper therapeutic level, fully supports the efficacy of the product:

Boswellia (*Boswellia serrata*) extract (BSE) was included for its anti-inflammatory and antiarthritic effects. Research done by Kimmattkar and colleagues, who conducted a randomized, double-blind, placebo-controlled, crossover trial in 30 patients with osteoarthritis of the knee, resulted in statistically significant mean improvements in the BSE group compared with placebo in terms of pain, flexion, and walking distance.

The oleoresin constituents in **ginger** (*Zingiber officinale*), as well as the phenolic substances paradol and shogaol, were shown to possess an inhibitory action on cyclooxygenase-2 enzymatic activity and to have inhibitory effects on leukotriene and prostaglandin biosynthesis, both of which are important in the inflammatory process.

Sulforaphane glucosinolate in the broccoli (*Brassica oleracea*) seed has shown anti-inflammatory, detoxification, and anticarcinogenic effects postulated to be mediated not only by modulation of biotransformation enzymes but also by regulation of genes involved in the inflammation pathway.

Primary indication(s):

Helps to relieve joint pain associated with osteoarthritis. Protects against the deterioration of cartilage and is a factor in maintaining joint health.

Recommended Dose:

Adults: Take 1 tablet with a meal three times daily. Use for a minimum of four weeks to see beneficial effects. For prolonged use, consult a health care practitioner.

Complements:

Moducare, Magnesium Bisglycinate, Krill-Plex, IBS-Plex (if gastrointestinal issues are also present).

Caution:

Do not use if you are pregnant or breastfeeding. For prolonged use or if symptoms worsen, consult a health care practitioner.



Dr. Crisafi's comments:

Probably the most important inflammatory conditions to affect humanity are the varieties of arthritis ("arth" meaning joint, "itis" meaning inflammation) and rheumatism. Arthritis is a general term for approximately 100 named diseases that produce either inflammation of connective tissues, particularly in joints, or non-inflammatory degeneration of these tissues.

Bear in mind that there are more than 100 joints connecting the body's 206 bones. Most of the major bone connections in the body are joints designed to allow a broad range of motion. The various kinds include: ball-and-socket (hips and shoulders), saddle joints (which connect thumb to hand), hinge joints (fingers and knees) or pivot joints (wrists).

Tied together with ligaments, the bones of joints are covered with a smooth substance called cartilage. This tough elastic material acts as a shock absorber and allows the bone ends to glide smoothly across each other without abrasion. If the cartilage is destroyed (as in osteoarthritis), the bones of a joint can grind against each other causing pain, loss of mobility, and destruction or deformity.

The joint space between two bones is enclosed by a capsule that's flexible, yet strong enough to protect the joint against dislocation. The inner lining of this capsule produces a thick fluid that lubricates and nourishes the joint. In many forms of arthritis, the synovium becomes inflamed and thickened, producing extra fluid which contains inflammatory cells. We call this synovitis. The inflamed synovium and fluid can damage the cartilage and underlying bone.

Rx Balance™ Joint-Plex is particularly effective for several reasons. The nutraceutical/herbal blend ensures maximum efficacy in reducing inflammation, excellent effectiveness in encouraging repair, as well as important antioxidant activity.

Rather than just reduce inflammation, Joint-Plex addresses the inflammatory issue in a variety of ways.

- 1) It ensures repair of the joints and maintenance of synovial fluid.
- 2) It supports the body's own glycoaminoglycan production while also supplying glucosamine.
- 3) It offers potent anti-inflammatory as well as antioxidant effects. Much of the inflammatory process is due to free radical damage.
- 4) It helps detoxify xenobiotics that are often implicated in arthritic conditions.

It should be noted that though Joint-Plex is used therapeutically for virtually any form of arthritis, it is indicated preventatively for those who "use" and sometimes "abuse" their joints through their work or through physical exercise.

Selected References

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