



Ultra Joint Health

Why do I need Ultra Joint Health? Ultra Joint Health provides MSM for essential sulfur to support cell structure, promote elasticity & aid mobility. Glucosamine revitalizes damaged & worn cartilage. Borage provides essential fatty acids to improve the body's healing power and antioxidants to reduce free radical damage. The synergistic factors promote overall balance to aid in neutralizing acid conditions that may aggravate inflammation & supporting nutrients or better bioavailability.

This product promotes relief from arthritis, osteoporosis, joint and back pain, Fibromyalgia and many other skeletal, connective tissue and cartilage problems. Additionally, those who have fractures will find that the product aids in the reduction of healing time required for repair of those fractures.

Let's talk a little about the primary ingredients and their support factors. As with all of the formulas created for Dr. Dorman, this formula is based on pH balance, electrolyte minerals and Vitamin C Complex as catalysts for more rapid and effective healing properties. Alkaline minerals aid in rapidly reducing the metabolic acidity that is associated with inflammatory conditions. Electrolytes are balanced to aid in moving the formula into the cellular structure at a more rapid rate, and the Vitamin C Complex is potentiated. The Vitamin C Complex contains Bioflavonoids, which increase the effectiveness of Vitamin C by preventing it from being destroyed by oxidation in the body. You will be able to realize faster relief and need less of the primary ingredients for relief than you would need if you took a similar formula that does not contain this pH balanced approach.

Next to oxygen, water, and salt, MSM (methylsulfonylmethane - a safe and stable form of sulfur that can be immediately absorbed by the body) is the fourth most needed element in human nutrition. Sulfur is involved in nearly every metabolic process in the body, and is essential in the regeneration and nourishment of healthy cells. When combined with Vitamin C and Bioflavonoids, MSM facilitates collagen formation and has been reported to improve flexibility & texture of the skin. It revitalizes synovial fluid, prevents cells from becoming rigid, promotes elasticity, speeds healing following injury, and gives an added boost to regeneration and repair of damaged joint tissues. Additionally, controlling pH through the use of the alkaline electrolytes, allows the solubilized MSM to be carried intracellular & extracellular, providing increased *bioavailability*. In tests, radiolabeled sulfur is found in all tissues measured within 24 hours of oral ingestion. Because of this rapid turnover of sulfur, it is important to be sure that sulfur be replenished on a regular basis. MSM has been widely used as a dietary supplement without any reports of allergy or intolerance related to its use. Supplementation with MSM is a safe way to insure sufficient sulfur intake.

Glucosamine, is a substance found naturally in the body, bolsters structural cartilage. Glucosamine is a natural substance consisting of glucose and glutamine that bolsters structural cartilage. Glucosamine is a form of an amino acid sugar that is extracted from crab, lobster or shrimp shells. Glucosamine studies have shown that with regular use it can aid in rebuilding damaged joints, tendons, cartilage and soft tissue. Glucosamine sulfate is critical to smooth, flexible joint movement. Glucosamine is a key component of connective tissues providing joints with elasticity and longevity. It is an essential building block for bones, ligaments, nails, skin and numerous tissues and a primary constituent of the protein groups, proteoglycans and glycosaminoglycans of cartilage cells. These proteins are essential for proper joint tissue function. Investigators in Europe determined that joint pain, tenderness and swelling were significantly reduced by giving 1,500 subjects 500 mg of Glucosamine three times daily in scientific studies. Numerous studies have been conducted and the results have all been favorable. Many studies have suggested that glucosamine sulfate is the most effective form of glucosamine because it is more readily absorbed into the body. According to these studies, Glucosamine can reduce pain and repair damaged cartilage and joint tissue. In most studies, patients given a 500 mg dose, 3 times daily noticed remarkable improvement. Primarily this ingredient has been tested for relief of the symptoms of Osteoarthritis & Arthritis, but when combined with the ingredients in this formula, it may be taken to aid in the more rapid healing of fractures, the pain from bruising and other inflammatory conditions, and for an improvement in the bodies immune system functioning. Some patients with Chronic Fatigue Syndrome and Fibromyalgia have found relief.

Supporting nutrients in this Natural Doctors Formulation are just as important to the overall effectiveness of the capsules as the MSM, Glucosamine, Alkaline Minerals, and Vitamin C Complex.

Boswellia behaves much like other NSAID's (i.e. Aspirin, Motrin, and Celebrex), it decreases inflammation. It decreases the number of leukotrienes, one of the molecules responsible for causing inflammation. Boswellia has the added advantage of producing little or no irritation or ulceration of the stomach, as NSAID's do. It also does not compound the acid condition of the body, which is one of the major causes of arthritis, and is preferable to the NSAID's. We also include dL Phenylalanine, a natural pain inhibitor. Over time with regular use, this ingredient has been found to relieve pain without the side effects of NSAID's.

Most importantly we include essential fatty acid in the best possible form as borage powder. This is extremely important for the functioning of the Glucosamine and for nerve transmission in the body. The Borage powder is the essential provider of Gamma Linolenic Acid (GLA). GLA is an Omega 6 essential fatty acid that is essential for immune system functioning and cell metabolism. Borage powder provides the body with an available supply of GLA with which to make prostaglandins, which promote relaxation of the muscles that might otherwise cramp. GLA enhances blood flow by relaxing blood vessels. More blood means more oxygen is available to those hard-working muscles, which will lead to increased stamina. Other positive effects of essential fatty acids include energy production, maintenance of body temperature, insulation of nerves, protection of body tissue, establishment of cellular metabolism, anti-oxidant activity, cardiovascular protection, maintenance of healthy skin, anti-microbial activity and tumor inhibition. Borage extract is considered to have the highest level of GLA in any water-soluble form. When we combine the Borage with the Glucosamine and MSM, we insure that cells are being repaired and replaced because we supply the raw material for the body to perform.

For patients with autoimmune deficient symptoms, note that when EFA's are in short supply, your immune system suffers most. Many immune system ailments including allergies, autoimmune diseases, infections, and some forms of cancer, are manifestations of the immune damage that may have resulted from chronic EFA depletion. When Borage is combined with the MSM and alkaline minerals, we have an optimum situation for ensuring that the free radicals and toxins will be combated because we have supplied the body what it needs for the immune system to wage the war. Conditions such as allergic bronchitis, allergic sinusitis, arthritis, and asthma may respond very well to this combination of ingredients.

Ginseng (a Bioflavonoid) has been added to the proprietary blend to increase energy, counter the effects of stress, and enhance intellectual and physical performance. It has been used over the centuries in Asia as a restorative agent to aid in the general promotion of good health and to improve stamina, breathing, coordination, and immunity. We also know that it may increase alertness and reaction time and aid in the normalization of blood sugar. For those in pain, this ingredient will aid in the overall feeling of better health and well being. Ginseng is classified as an adaptogen, an herb that has the ability to normalize function, working where it's needed, putting your body into a more balanced state. We also add a tiny bit of Ginkgo Biloba, known to increase peripheral blood flow and to inhibit PAF (Platelet Activating Factor), thereby decreasing clot formation and improving circulation. Since high levels of PAF are associated with the aging process, some researchers believe that Ginkgo Biloba may slow the aging process. Since many people taking this product are aging and exhibiting signs of joint pain due to aging, this little bit is appropriate in this product. Vitamin B6 is required every day and it is water-soluble. Vitamin B6 is required for the production of serotonin, a brain neurotransmitter that controls our moods, appetite, sleep patterns, and sensitivity to pain. It is also responsible for the appropriate functioning of over 60 enzymes in the body.

For more information call: **NEWtritional Health Care**; 256-757-0660 or 800-745-4408

"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."