

Many recent scientific studies have shown the effectiveness of taking supplements with the proper combination of glucosamine sulfate and chondroitin sulfate. These compounds found in the soft cartilage, tendons, and synovial fluid, are essential to the healthy functioning of tendons and joints, especially with advancing age.* 21st Century's® Glucosamine & Chondroitin, combines these two nutritional elements in the proper amounts for your effective use.*

DIRECTIONS: As a dietary supplement, take up to three (3) capsules daily after any meal, or as directed by a healthcare provider. Do not exceed recommended dosage.

WARNING: IF YOU ARE DIABETIC, CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT. If you have a Shellfish allergy please consult your physician before using this product.

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

Unconditionally guaranteed for purity, freshness and label potency. No Added Sugar, Yeast, Preservatives, Artificial Flavors or Colors.



DIETARY SUPPLEMENT

DOUBLE STRENGTH

**Glucosamine 500 mg
Chondroitin 400 mg**

3 Capsules Daily

**The Natural Choice To Promote Cartilage
Regeneration And Support Healthy Joints ***

400 (Easy Swallow) Capsules

Supplement Facts

Serving Size: 3 Capsules

Servings Per Container: 133

Amount Per Serving	% DV
Sodium	90 mg 4%
Glucosamine Sulfate •2KCl	1500 mg **
Chondroitin Sulfate	1200 mg **

** Daily Value (DV) not established.

Other Ingredients: Gelatin, Magnesium Silicate, Stearic Acid, Magnesium Stearate. **Contains glucosamine sulfate derived from shrimp and crab shells.**

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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