

**Peel Here**  
for more information

Warning: Persons with a known allergy to shellfish should not use this product.

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg or preservatives. Contains shellfish derivative.

Made in the U.S.A. www.protocolforlife.com  
Manufactured by NHG, P.O. Box 2203, Sparks, NV 89431

Other Ingredients: Cellulose, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source), Silica and Vegetable Coating.

\* Percent Daily Values are based on a 2,000 calorie diet. † Daily Values not established.

## Supplement Facts

|                                                                         | Amount Per Serving        | % Daily Value |
|-------------------------------------------------------------------------|---------------------------|---------------|
| Serving Size 2 Tablets                                                  | Servings Per Container 60 |               |
| <b>Calories</b>                                                         | 10                        |               |
| <b>Total Carbohydrate</b>                                               | 2 g                       | < 1%*         |
| <b>Sodium</b>                                                           | 110 mg                    | 4%            |
| <b>Potassium</b> (from Potassium Chloride)                              | 245 mg                    | 6%            |
| <b>Glucosamine Sulfate</b> (from Glucosamine Potassium Sulfate Complex) | 1.5 g (1,500 mg)          | †             |
| <b>Chondroitin Sodium Sulfate</b> (from Bovine Cartilage)               | 1.2 g (1,200 mg)          | †             |

**PROTOCOL**  
FOR LIFE BALANCE™

# Extra Strength Glucosamine & Chondroitin

Supports Healthy Joint Function\*

10% of profits donated for health research

**120 Tablets**

A Dietary Supplement



**SUGGESTED USAGE:** As a dietary supplement, take 2 tablets daily with meals or on an empty stomach. Take with 8 oz. of water or other beverage.

Glucosamine & Chondroitin are naturally occurring structural components that have recently enjoyed growing popularity. Glucosamine is an amino sugar derived from the chitin of shellfish and is used by the body to support healthy joint structures.\* Chondroitin complements Glucosamine, working synergistically to provide optimal nutritional joint support.\*

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

NHG developed the glucosamine and chondroitin test methods chosen as the official AOAC® industry assay standard methods.

**Do Not Eat Freshness Packet. Keep in Bottle.**

Store in a cool, dry place. Please Recycle.



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Glucosamine & Chondroitin are naturally occurring structural components that have recently enjoyed growing popularity. They are widely recognized for their action in supporting healthy joint and connective tissue.\*

Glucosamine is an amino monosaccharide produced by chondrocyte cells (the cells found in cartilage that are responsible for the synthesis, maintenance, and regeneration of cartilage) and used to make glycosaminoglycans (GAGs) and proteoglycans. GAGs and proteoglycans are the structural molecules that make up the connective tissues of the skin, tendons, ligaments, and joints. By providing the "building blocks" necessary for joint and structural tissue formation, glucosamine supplementation helps to support the maintenance of healthy joint tissues.\*

Chondroitin sulfate is another very important naturally occurring constituent of cartilage tissue. Chondroitin sulfate has been shown to work along with glucosamine to encourage healthy cartilage production.\*

This unique, extra strength, high dosage formula of Glucosamine & Chondroitin helps to provide optimal nutritional joint and connective tissue support.\* For best results, take this product for an extended period of time.\*

### Cautions and Interactions

The only side effects reported with chondroitin sulfate usage appear to be mild gastrointestinal incidents. Similar adverse reactions have been reported with glucosamine, yet this compound also is often suggested as supporting GI-tract health and function.\* It was feared that glucosamine might adversely affect insulin sensitivity, but clinical trials have disproven this.

### Guaranteed Quality

This is an FDA-regulated dietary supplement that is produced in an FDA\* and third party-inspected facility. We are certified for producing dietary supplements and USDA Organic products using Good Manufacturing Practices (GMP). All ingredients are quality tested to meet or exceed specifications. Our quality team goes above and beyond standard quality control to ensure the safety and efficacy of this supplement. We utilize advanced analytical and microbiological testing methods, with capabilities that are state-of-the-art and exceed basic lab requirements.

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