

A joint is the place where two bones are connected. The bones are covered with a layer of slippery cartilage, which enables them to glide against each other seamlessly. Unfortunately, as we age, the cartilage begins to wear out.

Research has shown that the clinically tested ingredients in **Cartilast™**:

- Support healthy joint function*
- Help protect existing cartilage*
- May help build new cartilage*

Cartilast features ASU, one of the most effective natural ingredients for cartilage health, plus ample potencies of vitamin K, vitamin D, and boron.* Population studies have demonstrated an association between adequate levels of these nutrients and healthy joints.*

This product is gluten-free.

VitaMK7® is a registered trademark of Gnosis S.P.A. AvoVida® is a registered trademark of Cyvex Nutrition Inc.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



QUALITY OF LIFE

JOINT
HEALTH*

Cartilast®

with Avocado Soy
Unsaponifiables (ASU)

Supports healthy joint function*
Helps protect existing cartilage*
May help build new cartilage*

60 CAPSULES | DIETARY SUPPLEMENT

SUGGESTED USE: Take 2 capsules once daily.

Supplement Facts

Serving Size: 2 capsules

Servings Per Container: 30

Amount Per Serving	% Daily Value*
Vitamin D3 (as cholecalciferol)	1000 IU 250%
Vitamin K2 (as menaquinone-7) (VitaMK7®)	90 mcg 112%
Boron (as bororganic glycine)	6 mg †
Avocado (fruit) and soybean unsaponifiables extract (AvoVida®) (Phytosterols 90 mg)	300 mg †

*Percent values are based on a 2,000-calorie diet.

† Daily value not established.

Other ingredients: vegetable cellulose, soy protein isolates, mixed tocopherols, silica (mineral), maltodextrin, leucine, sucrose, modified food starch. **Contains soy.**

WARNING: DO NOT USE IF SEAL IS BROKEN OR MISSING. Keep out of reach of children. Store at room temperature. Consult your healthcare professional before use if you are pregnant or lactating, have or had a medical condition, or are taking prescription drugs.



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