

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.

Clinically validated ingredients in **Cartilast®** help protect existing cartilage and may also help build new cartilage.* Cartilast features ASU, one of the most effective natural ingredients for cartilage health, plus ample potencies of vitamin K2 as MenaQ7®, vegan vitamin D3, and the mineral boron.*

This product is suitable for vegetarians and is gluten-free.

MenaQ7® is a registered trademark of NattoPharma.
AvoVida® is a registered trademark of Cyvex Nutrition.



*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) (MenaQ7®)	90 mcg	112%
Boron (as bororganic glycine)	6 mg	†
Avocado (fruit) and soybean unsaponifiables extract (AvoVida®) (Phytosterols 90 mg)	300 mg	†

† Daily value not established.

Other ingredients: vegetable cellulose, soy protein isolates, mixed tocopherols, silica, glycerol monostearate, leucine, tapioca dextrin, ascorbyl palmitate, olive oil, rosemary extract. Contains soy.

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



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