

Glucosamine promotes joint health and nutritionally works to promote the structural framework of healthy joints. Glucosamine and Chondroitin both provide the essential building material glycosaminoglycans which are required for healthy cartilage formation, promoting mobility, range of motion, flexibility and easing of occasional joint stress due to exercise or physical activity. Vitamin C is a precursor of collagen, which is a building block of tendons and ligaments. Manganese plays a role in the production of healthy cartilage compounds.\*

Due to the natural variation of the raw material, tablet color and appearance may vary from batch to batch.  
† Fully reacted chelates, Albion process patent No.'s 5,516,925 and 6,716,814  
†† Naturally occurring; therefore amount may vary.

Carefully Manufactured by:  
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EXTRA STRENGTH

GLUCOSAMINE  
CHONDROITIN  
COMPLEX

PROMOTES HEALTHY JOINTS\*  
SUPPORTS COMFORTABLE MOVEMENT\*

GLUTEN, WHEAT & DAIRY FREE

300 TABLETS

DIETARY SUPPLEMENT

| Supplement Facts                                              |         |      |
|---------------------------------------------------------------|---------|------|
| Serving Size: 3 Tablets                                       |         |      |
| Servings Per Container: 100                                   |         |      |
| Amount Per Serving                                            | %DV     |      |
| Calories                                                      | 15      |      |
| Total Carbohydrate                                            | 4 g     | 1%** |
| Protein                                                       | <1 g    | 2%** |
| Vitamin C<br>(as calcium ascorbate)                           | 300 mg  | 500% |
| Calcium<br>(as calcium carbonate)                             | 36 mg   | 4%   |
| Manganese<br>(as manganese glycinate chelate†)                | 3 mg    | 150% |
| Sodium††                                                      | 130 mg  | 5%   |
| Sodium Chondroitin Sulfate                                    | 1500 mg | ***  |
| Glucosamine Sulfate<br>(from shellfish)                       | 1500 mg | ***  |
| **Percent Daily Values (DV) are based on a 2,000 calorie diet |         |      |
| ***Daily Value (DV) not established                           |         |      |

**SUGGESTED USE:** As a dietary supplement for adults, take three (3) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner.

Other Ingredients: Vegetable Cellulose, Microcrystalline Cellulose, Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid, Vegetable Glycerin. Contains Shellfish (crab, shrimp).

**FREE OF:** Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Artificial Flavor, Sweetener, Preservatives and Color.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Diabetics, use only under a physician's supervision. Keep out of reach of children. Store in a cool, dry place. Do not use if outer bottle seal is missing, torn or damaged in any way.

\*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.

