
Glucosamine & Chondroitin

Not counting sports injuries, more than 21 million Americans suffer from osteoarthritis, a painful condition in which the cushioning cartilage between bones wears away. Many people are trying new therapies and dietary supplements such as glucosamine and chondroitin sulfate in their search for relief. Glucosamine is found naturally in the body. *It stimulates the formation and repair of articular cartilage.* Chondroitin sulfate is another natural substance found in the body. *It prevents other body enzymes from degrading the building blocks of joint cartilage.*

The Hope & The Hype

People who use these dietary supplements for sports injuries or osteoarthritis hope they will relieve the pain, and perhaps even repair or restore the joint cartilage. Recent evidence seems to support the first claim. Both glucosamine and chondroitin sulfate have been used in Europe for many years, with few reported side effects. Both supplements also have some anti-inflammatory effects that may account for the pain relief.

At this time, there is no long-term clinical proof that either substance, taken singly or in combination, will actually slow the degenerative process or restore cartilage in arthritic joints. All studies done to date have been short and focused on pain relief. However, a long-term study is just begin-

ning, sponsored by the National Institute of Arthritis and Musculoskeletal and Skin Diseases and the National Center for Complementary and Alternative Medicine.

Decision Guidelines

The following recommendations are from the American Academy of Orthopaedic Surgeons and the American Association of Orthopaedic Surgeons (AAOS).

If you are considering taking nutritional supplements to help your sports injury or arthritis, you may want to follow these guidelines:

1. Talk to your doctor. Although many people believe that traditional physicians will dismiss their interest in supplements, many doctors are actually quite open to complementary treatments. However, these supplements are not appropriate for all forms of arthritis or for all people. Pregnant women, for example, should be especially cautious.
2. Don't stop your current regimen of diet, exercise, medication or other therapies. The effectiveness of these treatments is proven, and nutritional supplements should remain just that – complementary to your good health practices. You may need to take the supplements for a couple of months before you see any results, which makes it all that more important to continue your current treatments.
3. Do some research first. Find out about the supplement you are considering buy-

ing. Are there any side effects? Will it interact with your current medication? Write to the manufacturer and ask for documentation that supports their claims. For additional information on glucosamine and chondroitin, check the web site for the National Institute of Health (www.nih.gov).

4. Stick with a reputable manufacturer. Because these products are not strictly regulated, consumers are somewhat on their own. Even products labeled "standardized" may not meet outside standards, just internal ones set by the manufacturer. Standards can vary among manufacturers; so avoid brand names you do not know.

5. If anything does go wrong and you experience some adverse side effects, report them to your doctor quickly and stop taking the product. Remember that any supplement potent enough to help is probably also strong enough to harm if taken inappropriately.

*MedOp Inc. manufactures other quality supplements. See **MAXIVISION®** Product Line for high-quality, low-cost dietary supplements with lutein for your daily multivitamin needs. Find out about prevention and treatment of macular degeneration, the leading cause of blindness in the United States today.*

MAXIFLEX® Products

Targeting Cartilage & Joints

MAXIFLEX® MULTINUTRIENT FORMULA

Premiere product. Contains glucosamine, chondroitin, FloraGLO® Lutein, vitamins, minerals, antioxidants, amino acids, herbs, and MSM to provide total nutritional support for sports injuries and osteoarthritis. It may be used alone or in combination with other multivitamin products.

Supplement Facts

Serving Size Four (4) Capsules

Amount Per Serving	(Elemental Amts)	%DV
Glucosamine Sulfate	1500 mg	*
Chondroitin Sulfate	1200 mg	*
Lutein (from 80 mg FloraGLO)	4 mg	*
Vitamin C (Ascorbic Acid)	90 mg	150 %
Vitamin D	200 IU	50 %
Vitamin E (as d-alpha-tocopheryl)	30 IU	100 %
Vitamin B-3 Niacinamide	20 mg	100 %
Vitamin B-5 Pantothenic Acid	10 mg	100 %
Vitamin B-6 Pyridoxine	90 mg	100 %
Calcium	82 mg	8 %
Phosphorous	71 mg	7 %
Magnesium	50 mg	13 %
Selenium	75 mcg	107 %
MSM	300 mg	*
Silicon	3 mg	*
White Willow Bark	30 mg	*
Cryptoxanthin	160 mcg	*
Zeaxanthin	205 mcg	*
Alpha Lipoic Acid	10 mg	*
Boron	2 mg	*

*Indicates no established Percent Daily Value

Approx. Retail Price: \$24.95/Btl • 120 caps/btl • 4 caps/day

MAXIFLEX® JOINT & CARTILAGE FORMULA

Contains glucosamine, chondroitin, FloraGLO® Lutein, and vitamin C to provide nutritional support for osteoarthritis and joint problems. Vitamin C and Lutein are antioxidants which fight free-radical damage in the joints.

May be used alone or in combination with other multivitamin products.

Supplement Facts

Serving Size Three (3) Capsules

Amount Per Serving	(Elemental Amts)	%DV
Glucosamine Sulfate	1500 mg	*
Chondroitin Sulfate	1200 mg	*
Lutein (from 80 mg FloraGLO)	4 mg	*
Vitamin C (Ascorbic Acid)	90 mg	150 %
Cryptoxanthin	160 mcg	*
Zeaxanthin	205 mcg	*

*Indicates no established Percent Daily Value

Approx. Retail Price: \$19.95/Btl • 90 caps/btl • 3 caps/day

MAXIFLEX® GLUCOSAMINE FORMULA

Contains glucosamine, FloraGLO® Lutein, and Vitamin C to provide nutritional support for osteoarthritis and joint problems. Vitamin C and Lutein are antioxidants which fights free-radical damage in the joints. May be used alone or in combination with other multivitamin products.

Supplement Facts

Serving Size Two (2) Capsules

Amount Per Serving	(Elemental Amts)	%DV
Glucosamine Sulfate	1500 mg	*
Lutein (from 80 mg FloraGLO)	4 mg	*
Vitamin C (Ascorbic Acid)	90 mg	150 %
Cryptoxanthin	160 mcg	*
Zeaxanthin	205 mcg	*

*Indicates no established Percent Daily Value

Approx. Retail Price: \$13.95 Btl • 60caps/btl • 2 caps/day

Note: It generally takes eight to ten weeks for these compounds to produce the desired effects.

MAXIFLEX® products are available through doctor offices, online at www.maxiflex.com, or direct from the company at 1 888 290 6294.

Ask your doctor about a free sample.

Innovative Products For Sport Injuries & Arthritis

MAXIFLEX®

Targeting Cartilage & Joints

Glucosamine • Chondroitin Lutein



★Pain Reduction★

Doctor Recommended

Manufactured & Distributed by:

MedOp Inc.

To Order Call Toll Free

1 (888) 290-6294