

Description and effect of the ingredients of Joint Complex Plus

Glucosamine Sulfate Pulvis (Glucosamine sulphate powder).

Glucosamine is a naturally occurring compound in the human body and plays an important role in the formation and maintenance of cartilage tissue in the joints. Glucosamine sulfate can help support the formation and repair of cartilage tissue in the joints, which can be helpful for joint problems such as osteoarthritis. Some studies suggest that glucosamine sulfate has anti-inflammatory properties, which may be beneficial for inflammatory joint disease. Glucosamine can contribute to the production of synovial fluid, which lubricates the joints and improves their mobility. For some people, taking glucosamine sulfate can help reduce joint pain and stiffness. Glucosamine sulfate powder, is extracted from shellfish, which are rich in chitin. Chitin is a complex polysaccharide compound found in the shells of these animals.

Chondroitini sulfas pulvis (Chondroitin sulphate powder).

Chondroitin sulfate is a substance found in various parts of the human body, especially connective tissue, cartilage tissue (it helps keep cartilage moist and maintain its elasticity), bones, skin (maintenance of skin structure and firmness), blood vessels (supports the structure and function of vascular walls). Chondroitin sulfate is often used to support joint health and for conditions such as osteoarthritis. Chondroitin sulfate is often used for joint health, as it plays a key role in maintaining the structure and function of joints and cartilage tissue. It is derived from animal cartilage tissue and taken in supplemental form to support joint health.

MSM stands for methylsulfonylmethane, and it is an organic sulfur compound found in many foods and in the human body. MSM is a source of bioavailable sulfur, which is important for various bodily functions.

MSM is often used to relieve joint pain and support joint health in people with osteoarthritis or other joint conditions. It can reduce inflammation and improve lubrication of the joints. MSM has antioxidant properties and can help protect cells from free radical damage. Sulfur is important for the body in detoxification and the elimination of toxins.

Overall well-being: Some people take MSM as a supplement to improve their overall well-being and energy.

Boswellia serrata extractum with 65% boswellic acid refers to an extract from the resin bile of the *Boswellia serrata* tree that contains 65% boswellic acid. The *Boswellia serrata* tree is also known as the frankincense tree and is found in India, North Africa, and other parts of the Middle East. The resin of this tree is used in traditional medicine for its anti-inflammatory properties. Boswellic acid is a group of bioactive compounds found in *Boswellia serrata*. These compounds have anti-inflammatory and anti-inflammatory properties that can help reduce inflammation and pain. Because of these properties, *Boswellia serrata* extract is often used in medicines to support joint health and relieve conditions such as osteoarthritis.

Harpagophyti radix pulvis (powder of Harpagophytum root)".

Harpagophytum procumbens, commonly known as devil's claw, is a plant native to Africa and is used in traditional medicine for its potential anti-inflammatory properties. The powder from the root of devil's claw is often used in medicines to support joint health, especially to relieve joint pain caused by inflammatory conditions such as arthritis. Devil's claw contains bioactive compounds such as harpagoside, which are considered anti-inflammatory and help relieve pain.

Perna canaliculus pulvis (2% glycosamine glycan) with a content of 2% glycosaminoglycan (GAG). The green-lipped mussel is a species of sea mussel native to the waters around New Zealand and is known for its potential joint health benefits.

Glycosaminoglycans are long-chain carbohydrates found in the extracellular matrixes of tissues, including cartilage tissue. They play an important role in maintaining the health of joints, tendons and connective tissue.

The green-lipped mussel naturally contains glycosaminoglycans, especially mucopolysaccharides, which can contribute to joint health.

DL-alpha-tocopheryl acetate is a chemical compound and a form of vitamin E.

The claim "50% (33.56% vitamin E)" indicates that 50% of the total weight in this product consists of DL-alpha-tocopheryl acetate, and that this ingredient contains about 33.56% vitamin E (tocopherol). Vitamin E is a fat-soluble antioxidant that plays an important role in protecting cells from free radical damage.

Acidum ascorbicum (vitamin C). Vitamin C is a water-soluble vitamin found in many foods and is vital for the human body. It plays an important role in various biological processes, including the formation of collagen, immune system support, and antioxidant defense against harmful free radicals.