## **PRODUCT INFO**

# **RELIEF**<sup>™</sup> SUPPORT FOR HEALTHY JOINT FUNCTION

Tired of stiff, achy joints? Get Relief!™ This glucosamine and chondroitin sulfate formula supports healthy joint function by supporting connective tissue formation and your overall joint health.

- · Promotes healthy, flexible joint movement
- · Supports cartilage in the joints
- Glucosamine & chondroitin sulfate formula

60 Tablets

## MEDICINAL INGREDIENTS

Each tablet contains: / Chaque comprimé contient : Medicinal Ingredients: / Ingrédients médicinaux :	Amount / Teneur
Glucosamine sulfate / Sulfate de glucosamine	484 mg
Methylsulfonylmethane / Méthylsulfonylméthane	220 mg
Vitamin C (ascorbic acid) / Vitamine C (acide ascorbique)	105 mg
Chondroitin sulfate / Sulfate de chondroïtine	50 mg
Zinc (citrate) / Zinc (citrate)	10 mg
Manganese (citrate) / Manganèse (citrate)	4 mg
Frankincense ( <i>Boswellia sacra</i> stem bark resin) / Arbre à encens (résine d'écorce de tige de <i>Boswellia sacra</i> )	1 mg
Hydrolyzed collagen ( <i>Gallus gallus</i> cartilage) / Collagène hydrolysé (cartilage de <i>Gallus gallus</i> )	1 mg
Peppermint leaf ( <i>Mentha x piperita) /</i> Feuille de menthe poivrée ( <i>Mentha x piperita</i> )	1 mg
Quercetin (dihydrate) / Quercétine (dihydrate)	1 mg
Turmeric root ( <i>Curcuma longa</i> , 0.95 mg curcumin) / Racine de curcuma ( <i>Curcuma longa</i> , 0.95 mg curcumin)	1 mg
Yucca root ( <i>Yucca schidigera</i> ) / Racine de yucca ( <i>Yucca schidigera</i> )	1 mg



## NON-MEDICINAL **INGREDIENTS**

Dicalcium phosphate, cellulose, vegetable stearic acid, croscarmellose sodium, silica, vegetable magnesium stearate, pharmaceutical glaze.

#### Contains: Shellfish (crab and shrimp)

**Caution:** Consult a health care practitioner prior to use if you are pregnant or breastfeeding, if you have gallstones or a bile duct obstruction, stomach ulcers or excess stomach acid, anemia, hiatus hernia or gastroesophageal reflux. Some people may experience mild gastrointestinal bloating, constipation or indigestion. Hypersensitivity (allergy) has been known to occur, in which case, discontinue use.

## DIRECTIONS

Adults: Take one tablet two times per day a few hours before or after taking other medications. Take with food. Avoid taking at bedtime. For prolonged use, consult a health care practitioner.





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## FREQUENTLY ASKED QUESTIONS

#### What is Relief?

Minor joint inflammation and stiffness can cause you to move slower and feel older than you are, altering your active way of life. Relief promotes joint health and promotes flexible joint movement with its highly effective glucosamine and chondroitin sulfate formula, which supports the formation of cartilage.

## What are the benefits of using Relief?

Relief doesn't just treat the symptoms of your joint issues, it deals with the cause by helping to strengthen the joint structure. Relief's active ingredients support the formation of joint cartilage, ligaments, tendons and bones that are so important to flexible joint movement.

## How should I take Relief?

Take one tablet two times per day a few hours before or after taking other medications. Take with food. Avoid taking at bedtime. For prolonged use, consult a health care practitioner.

## Does Relief contain shellfish?

Yes, Relief does contain shellfish, so it is not suitable for people with shellfish allergies.

## Can I give Relief to my children?

Relief is designed for adult use and is not recommended for children. Always consult your pediatrician before giving any supplements to children.

## Can I take Relief if I am pregnant or nursing?

We suggest that you consult your physician prior to using any of our products if you are pregnant or nursing.







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