

JOINT CARE THAT BLENDS WITH YOUR DIETARY PREFERENCE



Choose Ocean Health's All New, Vegetarian Glucosamine Sulphate 1500mg

- **Hassle Free - One Caplet A Day** • **Formulated From Corn (Vegetarian)**

Minimises joint crackling, ache and stiffness
 Repairs damaged cartilage, reduces joint discomfort & inflammation
 Improves joint flexibility and mobility

Now You Too Can Care For Your Joints Regardless Of Your Dietary Preference

Understanding Our Joints

Joints are cushioned by the presence of cartilage surrounding the bones and the surrounding synovial fluid which lubricates the joint to facilitate smooth movements. Through wear and tear, joint cartilage thins and synovial fluid reduces thus causing friction, swelling and discomfort in the joint areas.

An Illustration Of A Healthy Joint



- **Muscles and ligaments** – connective tissues which give support and control joint movement
- **Synovial membrane** – this tissue lines the joint and seals it into a joint capsule. It produces synovial fluid (a clear, sticky fluid) around the joint to reduce friction and wearing down of the joint
- **Cartilage** - tissue that covers and cushions the surface of the bone, thus protecting it, and allowing the joint to move easily

Why Glucosamine Sulphate?

Glucosamine is found naturally in glycosaminoglycans, the building blocks to our joint cartilage. Dietary glucosamine sulphate, readily absorbed by the body, maintains joint health by helping with the synthesis of glycoproteins, glycolipids and glycosaminoglycans, cell components naturally found in our tendons, ligaments, cartilage and synovial fluid.

Brought to you by:



Exclusively available at:



Log on to www.oceanhealth.com or call (65) 6288 6810 for more information.