

# Glucosamine - MSM | Omega 3-6-9

This advanced Glucosamine Complex was developed specifically for **athletes** and **active lifestyle enthusiasts**.

It's a potent, bio-engineered formulation of specialized, all natural Mucopolysaccharides (Glucosaminoglycans & Proteoglycans), related joint and connective tissue precursor materials, Natural Proteolytic Enzymes, MSM (Methylsulfonylmethane) an Isolated Amino Acid (dl-Phenylalanine).

Several studies and clinical trials suggest supplementation with glucosamine will reduce pain, increase joint flexibility and help restore articular function. Glucosamine has been shown to help the body rebuild damaged cartilage.

## Advanced Formula Considerations

When you combine Glucosamine with MSM and Omega 3-6-9, you're giving your joints a powerful blend of nutrients to support their health and function. This combination can provide the following benefits:

1. **Reduced Joint Pain:** Glucosamine with MSM and Omega 3-6-9 can help alleviate joint pain, making it easier to engage in exercise or daily activities without discomfort.
2. **Improved Joint Mobility:** By supporting the health and flexibility of your joints, this combination can enhance your range of motion and make movements smoother.
3. **Cartilage Support:** Glucosamine and MSM work together to promote the formation and maintenance of healthy cartilage, which is crucial for joint health and cushioning.
4. **Reduced Inflammation:** Omega-3 and Omega-6 fatty acids have anti-inflammatory properties that can help reduce joint inflammation and swelling.
5. **Joint Lubrication:** Omega-9 fatty acids contribute to joint lubrication, enhancing joint function and reducing friction.

## What You Should Know About Glucosamine

It's important to note that while **Glucosamine with MSM and Omega 3-6-9** can provide valuable support for joint health, **individual results may vary**. You should always consult with your healthcare provider or a registered dietitian before starting any new supplementation regimen, especially if you have underlying health conditions or take medications.

Remember, taking care of your joints is crucial, whether you're a fitness enthusiast or experiencing the effects of aging. With the right combination of nutrients, you can support joint health, manage discomfort, and maintain an active lifestyle.

Supplement Facts	
Serving Size 2-4 Softgels	
Servings Per 50-25 Container	
Amount Per 4 Capsules	% Daily Value*
Glucosamine HCl	2000 mg †
JointFlex Proprietary Blend:	
MSM (Methylsulfonylmethane), Chondroitin Sulfate	800 mg †
Omega 3-6-9 Proprietary Blend: Flaxseed Oil, Fish Oil	360 mg †
Evening Primrose Oil (seed)	
Typical Fatty Acid Profile:	
<b>Omega-3</b>	
31.67 mg of Total Omega-3 Fatty Acids comprising of:	
Eicosapentaenoic Acid (EPA)	
Docosahexaenoic Acid (DHA)	
Alpha Linolenic Acid (ALA)	
<b>Other Fatty Acids</b>	
13.67 mg of Total Omega-6 Fatty Acids comprising of:	
Linoleic Acid	
Gamma Linolenic Acid (GLA)	
<b>Omega-9</b>	
5 mg of Total Omega-9 Fatty Acids comprising of:	
Oleic Acid	
Boron (as Boron Citrate)	4 mg †

\*Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Values not established.

Other Ingredients: Rice Bran Oil, Gelatin, Vegetable Glycerin, Purified Water, Sunflower Lecithin, Yellow Beeswax, Caramel Color.

**NOT SUITABLE FOR VEGETARIANS.**