

# AR-Encap<sup>®</sup>

AR-Encap goes beyond simple glucosamine supplementation. It adds nutrients to provide relief from occasional soreness and stiffness.\*



<b>Bromelain</b>	<b>Indian Frankincense extract</b>
<b>Glucosamine Sulfate</b>	<b>Methyl Sulfonyl Methane</b>
<b>Curcumin Phytosome</b>	<b>Potassium</b>



## What it does

- ✓ Bromelain, Meriva<sup>®</sup> (curcumin phytosome), and Boswellia help maintain a healthy inflammatory response in the joints\*
- ✓ Bromelain helps promote healing after trauma\*
- ✓ Glucosamine and MSM provide proven joint support\*
- ✓ Helps maintain healthy joint mobility\*
- ✓ Can provide relief from occasional aches and soreness\*

## How it works

In a study of healthy subjects with mild knee soreness, bromelain supplementation resulted in significant improvement with both 200-mg and 400-mg daily doses.<sup>1\*</sup> Joint mobility was also improved.\*

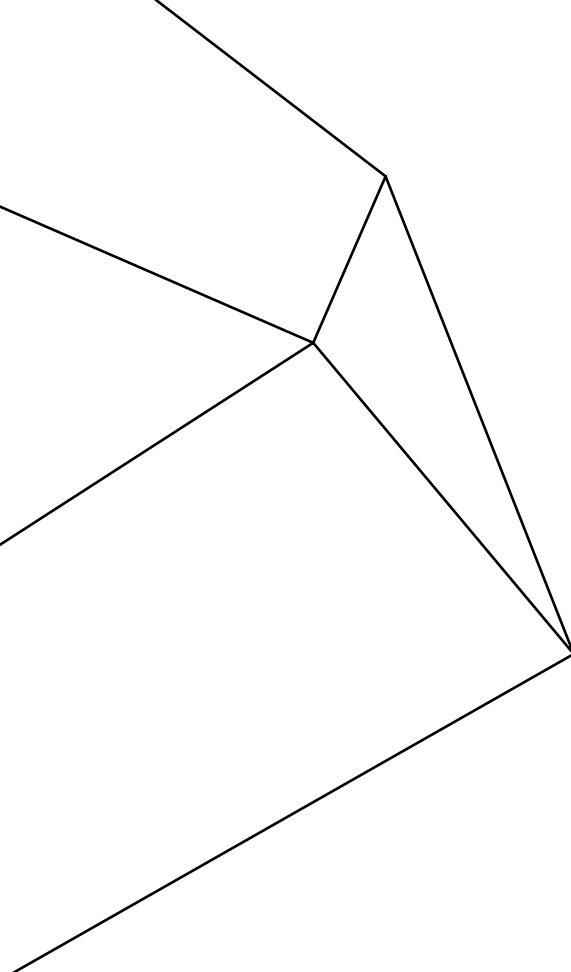
Curcumin, the principal polyphenol in the Indian spice turmeric, exerts potent antioxidant effects.\* Curcumin phytosome is a compound containing curcumin and phospholipids. This compound has significantly better absorption than ordinary curcumin and helps support a healthy inflammatory response in the joints.\*

Glucosamine provides significant joint support, as evidenced by numerous clinical studies.\* Methyl sulfonyl methane (MSM), also known as dimethyl sulfone and methyl sulfone, is an organic, sulfur-containing compound that occurs naturally in a variety of plants, and provides additional joint support.\*

Boswellia appears to inhibit the activity of lipoxigenase enzymes, thus promoting a healthy inflammatory response in the joints.\* A study of curcumin and boswellia found significant support of normal joint mobility in the group taking the botanical formula.<sup>2\*</sup>

1. Walker AF, et al. *Phytomedicine* 2002;9:681-686.

2. Kizhakkedath R. *Mol Med Rep* 2013;8:1542-1548.



## SUPPLEMENT FACTS

Serving Size: Four Capsules; Servings Per Container: 60

Four Capsules Contains:		%DV
Potassium (from Glucosamine Sulfate Potassium Chloride complex)	98 mg	2%
Methyl Sulfonyl Methane (MSM)	850 mg	*
Glucosamine Sulfate (as Glucosamine Sulfate Potassium Chloride complex)	750 mg	*
Indian Frankincense extract (gum) ( <i>Boswellia serrata</i> )	350 mg	*
Curcumin Phytosome† ( <i>Curcuma longa</i> extract (root) / Phospholipid complex from Sunflower)	250 mg	*
Bromelain††	200 mg	*

\*Daily Value (DV) not established.

### Other Ingredients

Hypromellose (derived from cellulose) capsule, Leucine, Silicon Dioxide.

Contains ingredients derived from shellfish (glucosamine sulfate = crab and/or shrimp).

### Suggested Use

Take 4 capsules one to two times daily or as recommended by your health-care practitioner.

If pregnant, consult your health-care practitioner before using this product.

†This product uses Indena S.p.A.'s curcumin phytosome (Meriva®). Meriva is a registered trademark of Indena S.p.A. ††Bromelain is derived from the pineapple plant (*Ananas comosus*). Boswellia standardized to Beta Boswellic Acids 20%.

SF774 / 240 Capsules

V15

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