

AR-Encap[®]

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



Bromelain	Indian Frankincense extract
Glucosamine Sulfate	Methyl Sulfonyl Methane
Curcumin Phytosome	Potassium



What it does

- ✓ Bromelain, Meriva[®] (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.^{1*} Joint mobility was also improved.*

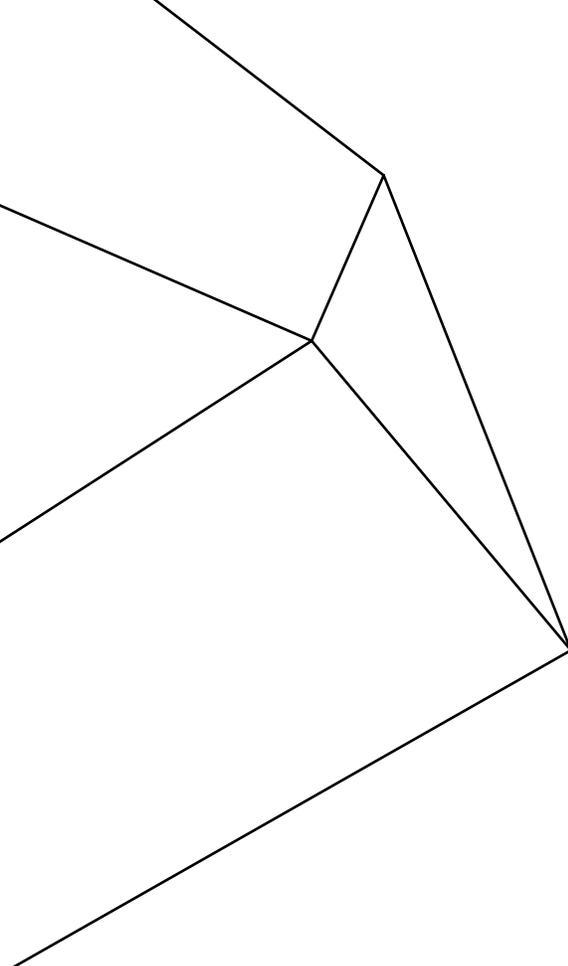
Curcumin, the principal polyphenol in the Indian spice turmeric, exerts potent antioxidant effects.* Curcumin phytosome is a compound containing curcumin and phospholipids. This compound has significantly better absorption than ordinary curcumin and helps support a healthy inflammatory response in the 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 lipoyxygenase 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.^{2*}

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

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