

# Joint Support Gold

DIETARY SUPPLEMENT



Moderate exercise helps joints stay supple and in good condition. However, a great deal of pressure is placed on the joints during long and intensive training sessions. The joints are vulnerable during contact sports and sports involving frequent turning movements, such as football, hockey, martial arts, and sprinting. In most sports, it is mainly the joints of the lower extremities, such as the hips, knees, and ankles, that are subjected to considerable pressure.

Joint Support Gold is a dietary supplement that contains a wide variety of substances that help to preserve cartilage. Joint Support Gold contains manganese, copper, vitamin D, and vitamin K. Manganese is important for the production of cartilage and copper contributes to its preservation. Vitamins D and K benefit the entire skeletal system and contribute to the preservation of strong bones. Joint Support Gold also contains bamboo silica extract, which has a supportive effect on connective tissues. In addition, a daily dose of Joint Support Gold contains 1689 mg glucosamine sulphate 2KCL.

## NZVT Certified

Joint Support Gold is produced in accordance with the anti-doping standards and other standards of the NZVT system (Anti-Doping Authority for the Netherlands) and therefore displays the NZVT logo. Joint Support Gold can be used by top athletes with confidence, so that they can concentrate on delivering an optimum athletic performance with peace of mind.

## Daily use

Take two capsules with plenty of water, preferably spread over the day and with a meal.

## Health Claims

- Contains 1000 mg glucosamine per dose
- Contains bamboo silica extract
- Contains copper and manganese that benefit cartilage
- 90 capsules per pack

Composition per daily dose (2 capsule)			
Ingredient	Quantity	% RI	Compound
Vitamin C (as ascorbic acid)	80 mg	100%	
Vitamin D3 - Quali®-D (as cholecalciferol)	5 µg	50	
Vitamin K2 (natural, as menaquinone)	75 µg	100	
Silicon (organic, as bamboo silica extract)	40 mg	*	
Copper (as bisglycinate)	1000 mcg	100	
Manganese (as bisglycinate)	2 mg	100	
Glucosamine (as Glucosamine Sulphate 2KCL) (corresponds to 1689 mg Glucosamine sulphate 2KCL)	1000 mg	*	
RI = Reference intake / * RI not determined			

Premium vitamins by DSM – [www.qualityforlife.com](http://www.qualityforlife.com). Quali®-D is a Trademark of DSM



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Many sports put pressure on tendons, cartilage, and ligaments. In most sports, it is mainly the joints of the lower extremities, such as the hips, knees, and ankles, that are subjected to considerable pressure. Glucosamine benefits the production and formation of cartilage in the joints. It contributes to the preservation of strong, flexible, and elastic cartilage. In addition, glucosamine supports lubrication of the joints.

## Who is it for?

- For professional and recreational athletes who train intensively and put pressure on their joints
- For athletes who are overweight
- For beginners with less muscle strength
- For people who take part in contact sports or sports with frequent turning movements in which joints are vulnerable, such as football, hockey, martial arts, and sprinting.

## Can be used:

- During rehabilitation
- At the onset of joint pain
- If you regularly suffer from joint pain
- To prevent problems and injuries
- By older athletes

## Additional information:

- Joint Support Gold contains 1000 mg of High Level Glucosamine per capsule. This is equivalent to 1689 mg of glucosamine sulphate.
- Joint Support Gold contains manganese that benefits cartilage production.
- It also contains copper that contributes to the preservation of cartilage.
- Vitamins D and K help to maintain effective bone metabolism.
- Vitamin D3-600 IU Gold can be beneficial for people with an inadequate intake of vitamin D and/or insufficient exposure to sunlight.



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