



Bio-Glucosamine Forte

What is Bio-Glucosamine Forte?

Bio-Glucosamine Forte is a preparation consisting of hard white gelatin capsules each containing 500 mg of glucosamine sulphate corresponding to 400 mg pure glucosamine. Bio-Glucosamine Forte is intended for the relief of symptoms in mild to moderate osteoarthritis.

How to take Bio-Glucosamine Forte

The capsules are taken with a glass of water. Dosage is one tablet three times daily. You can also choose to take the whole day's ration at one time. The capsules do not need to be taken with a meal. Do not take double dose if you forget a dose, but continue with normal dosing.

Pregnancy and lactation

In the absence of adequate studies on whether glucosamine can be used by pregnant and lactating, Bio-Glucosamine Forte is not recommended during the pregnancy and lactation period.

What is glucosamine?

Glucosamine is a small water soluble molecule (an amino-monosaccharide) that the body itself can produce. Glucosamine is included as a building block in the union of glycosaminoglycan and hyaluronic acid, which both are used in the construction of joint cartilage. In animal experiments, the substance has been found to inhibit cartilage degradation, probably by inhibition of the enzymes involved in the degradation of joint cartilage. Glucosamine is a slow-acting substance, this is why pain relief can only be expected after several weeks of daily glucosamine intake, and in some cases even longer.



Bio-Glucosamine Forte

Declaration

3 capsules contain

Glucosamine 1200 mg

Dosage

Adults

1 capsule 3 times daily, unless otherwise advised.
Alternatively, you can take all 3 capsules at one time.

Pregnant and Breastfeeding:

Pregnant and breastfeeding women should only use Bio-Glucosamine Forte in consultation with a physician.

The tablets should be swallowed whole with a full glass of water.

Dietary supplements should not replace a varied diet.

A healthy lifestyle and a varied balanced diet is important for maintaining good health.

Ingredients

Glucosamine 2KCl, gelatine magnesium stearate, titanium dioxide.

Do not use if allergic to crustacean shellfish.

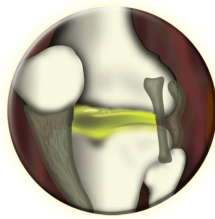
Storage

Dark, dry and at room temperature.
Keep out of reach of young children.

What is osteoarthritis?

Osteoarthritis is one of the oldest and most common forms of arthritis in which joint cartilage is degraded by a variety of reasons that do not necessarily have anything to do with "wear-and-tear". In fact, regular exercise and proper use of the joints helps to maintain the cartilage.

In a sound and healthy knee the cartilage is intact and is maintained regularly, but over time a degradation process that causes the cartilage to slowly disappear may occur causing the end of the bones to grate against each other.



Where the cartilage disappears, the bone tissue compensates by growing and forming so called spurs or osteophytes, which causes pain and/or reduced mobility.

For example, arthritis can be caused by: Age, obesity, genetics (inheritance), im-proper loading of the joints or monotonous and poor posture. Examples include factory workers, farmers, waste collectors, and libra-

rians, etc. Certain sports also leads to an increased risk of osteoarthritis. For example ballet dancers and soccer players.

The risk of arthritis increases with age. After 65-years of age almost all people experience some degree of osteoarthritis. However, there is a gender difference, as osteoarthritis of the knees are most common in women, whereas men more often experience osteoarthritis of the hips.

When to avoid glucosamine

If you are allergic (hypersensitive) to glucosamine, one of the ingredients or to shellfish, do not take glucosamine as the active substance is derived from shellfish.

Caution required

- By impaired renal function and/or potassium-poor diet
- By diabetes: Measure your blood sugar regularly when taking glucosamine
- By asthma
- Concomitant use of certain drugs: Especially when using blood-thinning drugs (warfarin) and antibiotic-type tetracyclines

Bio-Glucosamine has some unique advantages:

- The smooth surface of the capsule makes it easy to swallow
- The capsule is easily disassembled and the content can be stirred into a glass of orange juice or yogurt
- Does not contain tablet additives

