

# Did You Know...

Most joint and spine issues don't begin with a major injury – they often start with everyday wear and tear that slowly breaks down cartilage, reduces joint hydration, and strains the discs in your spine. Over time, this can lead to conditions like bulging discs, herniated discs, and sciatica – all of which can cause chronic pain, stiffness, and limited mobility. Supporting your joints and discs early with the right nutrients can help protect your spine, relieve discomfort, and keep you moving strong.

## The HealthSource Difference

This chiropractic-formulated blend targets the root causes of joint and disc discomfort – supporting lubrication, hydration, and a healthy inflammatory response. It's a clinical-grade formula you won't find in off-the-shelf products, working hand-in-hand with your care to keep you moving, healing, and feeling your best.

#### What is it?

- Natural ingredients that reduce inflammation.\*
- Hydrating and lubricating support.\*
- Nutrients that support healing.\*
- High-quality clinicalgrade supplement.\*
- Built to work with your chiropractic care.\*

#### What it Does?

Focuses on joints and spinal discs.\*

- Helps calm down pain from sciatica, arthritis, and disc issues.\*
- Keeps your joints and discs moving smoothly.\*
- Helps your body repair damage from everyday wear and tear.\*
- Boosts results between visits.\*

### Why it Matters?

- Relief that goes deeper than surfacelevel pain.\*
- Sit, stand, and sleep more comfortably.\*
- Less grinding, stiffness, and pressure on nerves.\*
- Supports recovery from bulging or herniated discs.\*
- Gives your body what it needs to truly feel better.\*

# Supplement Facts

Targeted Nutrition for Joint and Disc Relief and Healing

**Suggested Use:** Take two capsules twice daily with food for best absorption and tolerance or as directed by your healthcare provider.

Store in a cool dry place away from heat and moisture.

Serving Size: 4 Gelatin Capsules

Serving Per Container: 30

#### AMOUNT PER SERVING\*\*

D-Glucosamine Sulfate	1,000mg
MSM (Methylsulfonylmethane)	667mg
Turmeric Root Extract 4:1 (Curcuma longa) (Rhizome) [Std. 95% Curcuminoids]	333mg
Ginger Root Extract 4:1 (Zingiber officinale) (Rhizome) [Std. 95% Gingerol]	333mg
Hyaluronic Acid (as Sodium Hyaluronate)	133mg
Chondroitin Sulfate (Bovine Tracheal Cartilage)	133mg

<sup>\*\*</sup>Daily Value (DV) not established

**Other Ingredients:** Gelatin Capsule, Vegetable Magnesium Stearate, Silicon Dioxide.



Non-Bio-Engineered.

**Warning:** Safety and Tolerability: Generally, well tolerated. Mild GI discomfort may occur. Avoid use by those with shellfish allergies. Use caution with anticoagulants (blood thinners) or anti-inflammatory medications (NSAIDs).

Not recommended during pregnancy or nursing without provider guidance. Consult a healthcare professional before use.

<sup>\*</sup>These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.