

ARTHRITIS

BE A MOVER AND A SHAKER

SPORTS AND JOINT INJURY

Osteoarthritis (OA) is characterized by joint pain and stiffness and restricted movement which could cause a decline in the function of the joint.^{4a, 5a} Regular physical activity is very important for overall health, and even more so for those who suffer from osteoarthritis.^{4b, 5a, 5d} But, it is not just age and weight that could cause joint damage, participation in some sports can injure joints through single or repeated impact, or weight applied by twisting, and these injuries can lead to post-traumatic osteoarthritis.^{4a, 5h}

Regular exercise such as stationary bicycling, rowing, swimming, golf, jogging or racquet sports do not increase the risk for development of osteoarthritis in people with normal muscle strength and normal joints.^{5a} But, different types of exercise place distinct strain on certain joints.⁵ While even normal joint use may cause joint injury and degeneration for persons with abnormal or misaligned joints.^{5a, 5a}

Joints have a limited capacity to repair itself after injury.^{5i, 6a} Cartilage itself is not supplied by blood vessels or nerves; therefore, damage to cartilage does not cause direct pain. Physical examination and x-rays also may not show the damage and these instances of joint damage may go unnoticed.^{5i, 5m} This undetected injury may be one of the risk factors for developing posttraumatic osteoarthritis associated with participation in sports that expose joints to high levels of impact and weight applied by twisting.^{5m} Posttraumatic osteoarthritis progresses over years to destroy the joint, and could cause severe pain, loss of mobility, and deformity.^{5c}

When choosing a product to support and maintain healthy joints, look for ingredients that could assist in relieving the symptoms as well as help to maintain the joint structure. Examples of these ingredients are glucosamine and chondroitin as they are important basic natural components of cartilage and synovial fluid. They are naturally formed by the body but can also be provided in a diet.^{6b} MSM (or methylsulfonylmethane) occurs naturally in nature, is absorbed by marine life or from the soil by plants, including our usual fruits, vegetables and grains.^{6a, 6b}

Helps to support bone and joint health,
maintains joint mobility and flexibility.^{1,2,3}



JOINTS



BONES



CARTILAGE

MSM (METHYLSULFONYLMETHANE)

MSM is either produced by marine and plants or can be synthetically produced with no difference in structure or safety of the molecule.^{6a-d} MSM can penetrate membranes and move through the body easily and accumulate over time when taken regularly.^{6e, 6f} MSM has the following benefits:^{6g, 6h, 6i, 6k}

- Anti-inflammatory action
- Antioxidant action
- Helps to protect cartilage
- Helps to improve range and motion of joint
- Reduces muscle soreness after exercise

ARTHROGUARD®



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ARTHROGUARD®

GLUCOSAMINE

Glucosamine is formed in the human body from glucose and is most abundant in connective tissue and cartilage (joints). Glucosamine can also be extracted from the skeletons of crabs, prawns, and lobsters, as well as from mushrooms. Glucosamine is needed by the body to produce the various components of cartilage and the synovial fluid (fluid in the joint space).^{8d, 8e}

Glucosamine has been proven to help:^{8f}
Reduce pain
Improve function and mobility of the joint
Reduce progression of joint damage

Glucosamine is considered well-tolerated when used as a supplement, and during multiple clinical trials has shown the same risk for experiencing side effects as the risk with placebo (no active treatment).^{7a, 7b}

CHONDROITIN

Chondroitin sulfate is one of the natural components of the joint and is responsible for retaining water in the cartilage and also plays a part in the forming of new cartilage. It can be obtained from the cartilage of cows, pigs, birds and fish for supplementation.^{8g, 8h, 8i} The effect of chondroitin supplementation can be seen within 2-3 weeks, and remain active for up to a few months.^{8j}

Chondroitin helps to:
Relieve pain and inflammation,
Improve function and mobility and
Maintain the joint structure.^{8k, 8l}

When supplementation of chondroitin was studied, no increased risk for side effects were noted, and patients using chondroitin had less side effects than the patients using no treatment (placebo).^{8c, 8k}

ArthroGuard® EVERYDAY JOINT PROTECTION & SUPPORT

Supporting healthy joints and maintaining joint mobility and flexibility.^{1,2,3}

- Contains Glucosamine and MSM
- Glucosamine is responsible for the structure of the cartilage, mobility and the smooth working of connective tissue.
- Additional vitamins and minerals such as Vitamin C and Manganese contribute to overall health and wellness.



ArthroGuard® EVERYDAY JOINT REPAIR JOINT PROTECTION & SUPPORT

Supporting healthy joints and maintaining joint mobility and flexibility.^{1,2,3}

- Contains Glucosamine and MSM.
- Glucosamine is a responsible for the structure of the cartilage, mobility, and the smooth working of connective tissue.
- Devil's Claw assist in the management of sore muscles.
- Additional vitamins and minerals such as Vitamin B1, B2, B6, Vitamin C, Zinc, Silicon and Manganese contribute to overall health and wellness.



ArthroGuard® ACUTE INTENSIVE

Supporting healthy joints and maintaining joint mobility and flexibility.^{1,2,3}

- Contains Glucosamine, Chondroitin and MSM
- Glucosamine is responsible for mobility and the smooth working of connective tissue and managing the symptoms of joint degeneration.
- Additional vitamins and minerals such as B vitamins, Vitamin C & E, and Zinc contribute to overall health and wellness.



ArthroGuard® RUB

Topical cream to assist in relief of aching muscles and joints, muscular sprains, bruises and swelling and assist in providing temporary relief to stiffness and soreness in the muscles and joints.

- Contains MSM to assist in treating joint inflammation and muscle cramps.
- Melaleuca Cajeputi is used for topical aches and inflammation, and helps to relieve stiff, aching joints caused by rheumatism.
- Arnica oil is used in strains, sprains, and bruises.



References:

1. ArthroGuard® Everyday Joint Protection and Support (Capsule) packaging insert.
2. ArthroGuard® Acute Intensive Joint Protection & Support (Tablet) packaging insert.
3. ArthroGuard® Everyday Joint Protection and Support (Tablet) packaging insert.
4. Buyeeb O, Horro G, Veronese N, et al. An updated algorithm recommendation for the management of knee osteoarthritis from the European Society for Clinical and Economic Aspects of Osteoporosis, Osteoarthritis and Musculoskeletal Diseases (ESCEO). *Seminars in Arthritis and Rheumatism* 2019;49:337-350.
5. Budkwalter JA. Sports, Joint Injury, and Posttraumatic Osteoarthritis. *J Orthop Sports Phys Ther* 2003;33(10):578-588.
6. Jerosh J. Effects of Glucosamine and Chondroitin Sulfate on Cartilage Metabolism in OA: Outlook on Other Nutrient Partners Especially Omega-3 Fatty Acids. *Int. J. Rheumatol* 2011; ArticleID 9699012, 17 pages.
7. Butawan M, Benjamin RL, Bloomer RI. Methylsulfonylmethane: Applications and Safety of a Novel Dietary Supplement. *Nutrients* 2017;9(200) doi:10.3390/nu9030200.
8. Horro G, Register J-V, Rabenda V, et al. Safety of Symptomatic Slow-Acting Drugs for Osteoarthritis: Outcomes of a Systematic Review and Meta-Analysis. *Drugs & Aging* 2019;36(1):565-599.

ArthroGuard is available without prescription at pharmacies nationwide.

ArthroGuard® Acute Intensive Joint Protection & Support. Each tablet contains: Glucosamine Sulphate KCl 500 mg, Chondroitin Sulphate 110 mg, Methylsulfonylmethane (MSM) 300 mg, Flaxseed powder 50% (Linum usitatissimum) 66.6 mg, Curcumin Extract powder (Curcuma longa) 1.5 mg, Ginger Root Extract 4:1 (Zingiberis rhizoma) 1.5 mg, Hydrolyzed Collagen 40 mg, Mangosteen Extract 10% (Garcinia mangostana) 10 mg, Thiamine (Vitamin B1) 0.93 mg, Riboflavin (Vitamin B2) 1.06 mg, Pantothenic acid (Vitamin B5) 4 mg, Pyridoxine HCl (Vitamin B6) 1.33 mg, Cyanocobalamin (Vitamin B12) 0.66 µg, Vitamin C 40 mg, Vitamin E 5 mg, Niacinamide 12 mg, Zinc 4 mg, Selenium 10 µg, Boron 0.5 mg, silicon 0.66 µg, Manganese 0.33 mg. **ArthroGuard® Everyday Joint Protection and Support.** Each capsule contains: Glucosamine Sulphate KCl 500 mg, Methylsulfonylmethane (MSM) 160 mg, Chondroitin Sulphate 60 mg, Vitamin C 10 mg, Manganese 1 mg. **ArthroGuard® Everyday Joint Protection and Support.** Each tablet contains: Glucosamine Sulphate KCl 500 mg, Methylsulfonylmethane (MSM) 300 mg, Flaxseed powder (Linum usitatissimum) 50 mg, Vitamin C 20 mg, Harpagophytum procumbens (Devil's Claw Extract) [root] 20 mg, Curcuma longa (Turmeric powder) [rhizome] 5 mg, Zingiberis rhizoma (Ginger extract) [rhizome] 5 mg, Zinc Oxide (Zinc) 2 mg, Manganese sulphate (Manganese) 1 mg, Pyridoxine HCl (Vitamin B6) 0.67 mg, Riboflavin (Vitamin B2) 0.53 mg, Thiamine HCl (Vitamin B1) 0.47 mg, Silicon 0.33 µg. **ArthroGuard® Rub.** Each 100 g contains: Methylsulfonylmethane (MSM) 5 g, Oleoresin Capsicum (Capsicum Annum Linn) 0.1 g, Melaleuca Cajaputi 2 g, Arnica oil (Arnica Montana) 1 g. Health supplement. This unregistered medicine has not been evaluated by the South African Health Products Regulatory Authority for quality, safety or intended use. Adcock Ingram Limited, Reg. No. 1949/034385/06. Private Bag X69, Bryanston, 2021, South Africa. Tel. +27 11 635 0000. www.adcock.com 2022012710180627. Customer Care: 0860 ADCCCK/232625

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