

Glucosamine & Chondroitin Complex

619mg of Glucosamine Sulphate 2KCl & 100mg of Chondroitin

Presentation

An off-white oval clear coated tablet.

Each tablet delivers:

Glucosamine Sulphate 2KCl	619mg
providing:	
Glucosamine Sulphate	467mg
providing:	
Glucosamine Base	366mg
Chondroitin Sulphate	110mg
providing:	
Chondroitin	100mg

Tableted With:

Modified Starch, Cellulose, Anti-caking Agents (Silicon Dioxide & Magnesium Stearate), Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin), Stearic Acid.

Disintegration Time: Less than 1 hour.

quantity
120

type
tablets

code
8516



Uses

Chondroitin sulphate is an important structural component of cartilage, the tough tissue that lines the surfaces of bones, and forms a major part of the extra-cellular matrix that provides much of cartilage's resistance to compression. Chondroitin is thought to attract fluid into the cartilage and this enhances its elasticity. It is also believed to inhibit the proteolytic enzymes that break down cartilage.

Chondroitin sulphate is now a popular supplement worldwide, following a number of positive studies, and is usually combined with glucosamine as this compound works in a different but complimentary way.

This product provides these two nutrients at levels that are effective. It is worth noting that a common practice with chondroitin supplements is to use preparations that are just 20% chondroitin, but the label declares this as if it is 100% chondroitin. Therefore a supplement declared as '400mg chondroitin sulphate' is often just 80mg of chondroitin. However, this Lamberts® supplement uses 110mg of a 90% preparation to provide 100mg of chondroitin.

Usage and administration

1 tablet, 3 times daily.

Allergen advice

Contains shellfish.

Cautions

Glucosamine Sulphate 2KCl is derived from shell fish extract and normal allergic reactions may be experienced by anyone with an allergy to shellfish.

This product is not recommended for pregnant or lactating women.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

