

# Glucosamine Complete

Glucosamine with Chondroitin, MSM & Quercetin plus Ginger & Rose Hip Extracts

## Presentation

A beige oval tablet.

### Three tablets deliver:

Glucosamine Sulphate 2KCl	1857mg
containing Glucosamine Sulphate providing:	1400mg
Glucosamine Base	1100mg
Chondroitin Sulphate providing:	330mg
Chondroitin	300mg
MSM (Methylsulphonylmethane)	150mg
Quercetin	50mg
Ginger (from 60mg of a 20:1 extract)	1200mg
Rose Hip (from 100mg of a 4:1 extract )	400mg

quantity  
120

type  
tablets

code  
8512



### Tableted with:

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

**Disintegration time:** Less than 1 hour.

## Uses

This is a high strength glucosamine and chondroitin formula that also provides potent levels of other nutrients believed to be useful for joint care. Each ingredient has been selected based on their different, but complimentary functions.

Three tablets provide the full 1400mg of glucosamine sulphate, the level used in many studies, as well as 330mg of chondroitin sulphate, (see note below) and 150mg of MSM per daily dose. The powerful bioflavonoid quercetin, has been included at a potent 50mg, plus 1200mg of ginger (as a concentrated extract), as well as a 400mg of rose hip extract.

It is worth noting that a common practice with chondroitin supplements is to use preparations that are just 20% chondroitin, but the label may declare 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 provides 330mg of a 90% chondroitin sulphate preparation to provide 300mg of chondroitin (per 3 tablets).

- All-in-one joint care formula
- Combines glucosamine and chondroitin with faster acting ingredients.

### Usage and administration

3 tablets 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.

