

## WHY IS ARDEFEN SO EFFECTIVE?



### *Confused about which glucosamine to take?*

Ardefen is the best available fortified liquid glucosamine hydrochloride on the market today. Here are seven reasons why:

- Fortified with therapeutic dosages of devil's claw, nettle root and feverfew extracts for additional joint support and pain relief
- Sodium Free Glucosamine Hydrochloride is the most bio-active form of glucosamine
- 1.7 times more bio-active than standard glucosamine sulfate
- Gentle on the stomach
- Fast acting
- Very convenient, with once-a-day-dosing
- Absolute best value per dose

### *Explanation*

By 'drinking your glucosamine' it becomes useful to the body sooner, for faster relief. Unlike OTC (over-the-counter) pain killers and stomach upsetting NSAID'S (Nonsteroidal Anti-Inflammatory Drugs), glucosamine works on repairing cartilage and easing joint stiffness over the long term and getting to the source of the problem quickly. Glucosamine is fully ionized in the stomach, absorbed from the gastrointestinal tract and actively taken up by many types of body tissue, particularly cartilage. In double blind studies, people suffering with chronic knee pain and stiffness benefited from taking glucosamine

Glucosamine sulfate is unstable and must be stabilized, as a result it is only 74% pure. Glucosamine Hydrochloride is 99+% pure, it is very stable and no other compounds are needed. Both products are derived from lobster and crab shells.

The suggested daily dosage is 1,500 mg. of glucosamine hydrochloride. In order to get the equivalent amount of glucosamine found in 1,500 mg. of the hydrochloride form, you would need to take 2,608 mg. of the sulfate form. (Reversing Arthritis, excerpts from Dr. Julian Whitaker, M.D.)

Devil's claw root is an anti-inflammatory that contains saponins which help eliminate endotoxins from the joints. This was the finding of a clinical study done in Germany. Some herbalists recommend devil's claw as an alternative to over-the-counter pharmaceutical analgesics. Devil's claw contains harpagoside which is a potent analgesic. Many people use it for their arthritis or other aches and pains. It is primarily used as an anti-inflammatory and painkiller against arthritis and rheumatism. Recent studies in Europe compared its anti-inflammatory action to the drug cortisone. Herbalists suggest that it promotes flexibility of joints, reducing the pain of arthritis and rheumatism.

Devil's claw aids in the elimination of uric acid from the body. It is used for gout too. It may help in the normalization of cholesterol and blood sugar levels. It may relieve constipation.

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Nettle has a cleansing, detoxifying and diuretic action for the body due to its flavonoids and potassium content. It contains vital minerals that are essential in reducing inflammatory conditions such as arthritis. When taken with glucosamine hydrochloride and devil's claw root, it can improve joint mobility.

The well respected British medical journal Lancet, reported that extracts of feverfew suppressed the release of two inflammatory substances called serotonin (from platelets) and prostaglandins (from white blood cells). These inflammatory substances make the joints hot, red and painful. Feverfew contains parthenolide which acts as a natural pain killer. If you are currently taking warfarin or other blood thinning drugs, feverfew is not recommended.

When choosing a dietary supplement it is important that the quantity of each herb is within the therapeutic range suggested by the British Herbal Pharmacopoeia. Ardefen was formulated using the correct therapeutic amounts of quality herbs that are proven effective. Studies have shown that a liquid herbal product such as Ardefen is more 'bio available' than the pill form of the same herb or dietary supplement. For example, the nutrients in a liquid taken by mouth are absorbed at a rate of 60% - 70% compared to pills or tablets that are absorbed at a rate of only 5% - 20%. One tablespoon of Ardefen (daily dose) is equal to 12 tablets. Ardefen has the advantage of taking fewer pills and being cost effective.