

## FREQUENTLY ASKED QUESTIONS

### *What does Ardefen Taste like?*

Ardefen has a characteristic strong flavour due to the high level of botanical extracts that it contains. To improve the taste we recommend mixing the daily tablespoon or 15mL dose with a 4oz glass of juice.

### *What is the function of Glucosamine?*

Glucosamine is a simple amino sugar that is the basic building block of cartilage, ligaments and tendons, which form and lubricate joints.

### *Is Ardefen sodium free?*

Yes. Sodium is not required as the glucosamine is in the form of hydrochloride. See explanation below.

### *Why is Ardefen sulfate free?*

Ardefen is formulated with glucosamine hydrochloride. The purity of the hydrochloride is 99+%, whereas the glucosamine sulfate requires added potassium and usually sodium for stability, yielding a purity of about 74%. For example, it would take 1500 mg of glucosamine sulfate to be equivalent in glucosamine content to 1000 mg of glucosamine hydrochloride.

### *What do each of the herbs do in the product?*

Devil's claw root: anti-inflammatory

Nettle leaf: detoxifies and prevents the build up of acid that plays a role in joint deterioration.

Feverfew: provides natural pain relief

### *Why are the herbs necessary?*

The herbs help to support the glucosamine to achieve optimum results.

### *How long will it take before I notice results?*

The average person taking the recommended dosage of 15mL or 1 tablespoon per day will notice results within two weeks of taking Ardefen.

### *Why does Ardefen work so well?*

Ardefen is a scientifically researched formula. The glucosamine is formulated with hydrochloride and the herbs are in the therapeutic range as well as being herbicide and pesticide free. Ardefen is also a liquid and is therefore easily absorbed and assimilated.

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### *Why is Ardefen a liquid?*

Being a liquid the percent of nutrients absorbed is 60 - 70%. When glucosamine or herbs are taken in a tablet or gel cap form the percent of nutrients absorbed is only 5 - 20%.

### *Will I need to continue taking my prescription drugs for joint pain?*

Always discuss this question with a physician.

### *Do people complain about side effects when taking Ardefen?*

There have been no significant side effects reported. If someone is experiencing a side effect that they are not comfortable with, we recommend discontinuing use.

### *Can I take Ardefen when I am on other medications?*

Always consult with a physician or pharmacist before using Ardefen. We do not recommend taking Ardefen if you are taking blood thinning drugs such as warfarin.

### *Can I take Ardefen while pregnant?*

It is not recommended to take Ardefen while pregnant or nursing.