



NATURE'S SUNSHINE

Glucosamine

GOOD FOR

Joints

Musculoskeletal System

Connective Tissue

SIZE **60 Capsules**

ITEM # **903**

SERVING **2**

SUPPLY **15 days**

DIRECTIONS FOR USE Take 2 capsules with a meal twice daily.

— How the Key Ingredients Work

This formula brings together two time-tested natural ingredients — glucosamine and cat's claw — to help support your joints, comfort your body, and keep you moving. Together they work to nourish the tissues your body relies on every day, from your knees and hips to your spine and beyond.

Glucosamine — Glucosamine is a natural building block your body uses to maintain healthy cartilage — the cushioning tissue inside your joints. As we age, the body makes less of it, so supplementing can help support joint comfort, flexibility, and everyday mobility. Research suggests it may help ease stiffness and support smoother movement, especially in the knees and hips.

Glucosamine for Back Comfort — It's not just your knees that benefit — glucosamine has also been studied for its role in supporting the spine. Research published in Osteoarthritis and Cartilage found that glucosamine may help reduce discomfort and improve mobility related to back pain, making it a helpful ally for people who spend long hours sitting or standing.

Glucosamine for Bladder Wellness — Your bladder has a protective inner lining that helps keep it healthy and comfortable. Glucosamine is a natural building block for that lining. In a clinical study of 252 patients, supplementing with glucosamine was shown to support the health of this protective layer, helping those who experience bladder sensitivity feel more at ease day to day.

Glucosamine for Joint Structure — Whether it's a bunion, a stiff finger, or a sore ankle, glucosamine supports the cartilage found at all of your body's joints — not just the large ones. By helping to maintain the structural integrity of joint tissue, glucosamine may help reduce the everyday wear and tear that leads to discomfort over time.

Cat's Claw — Traditional Rainforest Herb — Cat's claw is a woody vine that grows wild in the Amazon rainforest of South and Central America. Known locally as 'uña de gato,' it has been used for centuries in traditional South American wellness practices to support joint comfort, immune balance, and overall vitality. Today it is one of the most researched herbal supplements for joint health.

Cat's Claw for Joint Comfort — In a double-blind clinical trial published in the Journal of Rheumatology, cat's claw was shown to help reduce joint swelling, morning stiffness, and pain intensity compared to placebo. Its natural plant compounds appear to help calm the body's inflammatory response in the joints, supporting greater comfort and ease of movement throughout the day.

Cat's Claw for Immune Balance — Cat's claw contains a unique blend of plant compounds — including alkaloids and polyphenols — that have been studied for their ability to help support a balanced immune response. Traditional use and modern research both point to its role in helping the body manage conditions where the immune system may become overactive, supporting overall wellness from the inside out.

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