



## FEEDBACK FROM OUR CUSTOMERS

### LESS DISCOMFORT

“I have taken other types of glucosamine and chondroitin for several years now with average results. However, since taking your Healthy Joints I have noticed a marked difference. I am positive it is due to the equal balance of glucosamine and chondroitin.”

Barrie

### FEELING BETTER

“Brilliant! I have been taking Healthy Joints for one week and I’m already feeling a lot better.”

Jocelyn

### JOINT RELIEF

“I am so pleased to report that my joint stiffness, especially in my ankle, has gone since being on Healthy Joints.”

Jocelyn

## REVITALISED

“I referred my uncle (in his 70’s) to Health House. He purchased your Healthy Joints and he took two in the evening for three days. He noticed such an amazing difference and is absolutely thrilled, so much so that he thinks that he might even be able to do the Highland Fling again!”

Shirley

## INGREDIENTS:

PER CAPSULE:	WEIGHT	ACTIVE
Glucosamine sulphate	400mg	400mg
Chondroitin sulphate	400mg	400mg
MSM sulphate	70mg	70mg
Boron (amino acid chelate 5%)	20mg	1mg
Silica (bamboo plant extract 70%)	7mg	5mg
Vitamin D3 (natural cholecalciferol 200iu’s)	2mg	5mcg
Encapsulating aids		

Gluten, dairy and soy free.

## DIRECTIONS:

**Adults:** take three capsules a day. When joints are more comfortable, reduce to two capsules per day.

**Children:** take only on medical advice.

Always read the label and use only as directed.

Seek medical advice from your healthcare professional before taking, if you have allergies to fish, sulphites or crustaceans.



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🛡️ 60 day money back guarantee

🚚 Free delivery within New Zealand



 **Health House**

# HEALTHY JOINTS

For joint comfort, mobility and strong healthy bones



All our products are  
**GLUTEN FREE**

# HEALTHY JOINTS

Health House's Healthy Joints is formulated to be the most effective glucosamine and chondroitin joint care product on the New Zealand market.

## What is glucosamine?

Glucosamine is a naturally occurring substance found in the cartilage of our joints. It acts as a natural shock absorber, joint lubricator and is vital for building new cartilage.

As we age our glucosamine levels diminish, which can lead to joint deterioration.

## What is chondroitin?

Chondroitin is also found naturally in our joints. It helps the cartilage to resist compression, to retain water and aids with elasticity and lubrication. It is also a major source of the protein building blocks used in our joints to help form new cartilage.

Like glucosamine, chondroitin levels also decline as we age.

## Equal quantities of glucosamine and chondroitin

Recent research has proven the effectiveness of combining

sulphur based marine glucosamine in equal parts with chondroitin (extracted from shark cartilage). However, due to the high price of chondroitin, it is rare to find a product on the New Zealand market that contains enough chondroitin to make it fully effective.

## An effective formula

We have specifically formulated Healthy Joints to contain 400mg of natural glucosamine sulphate and 400mg of a high quality chondroitin sulphate. We then added boron, natural vitamin D, organic silica along with MSM (methylsulfonylmethane).

## How does boron, vitamin D, silica and MSM help?

- Chelated boron helps our bones absorb the two most important bone minerals, calcium and magnesium from our food
- Vitamin D also assists with the absorption of calcium and other bone minerals
- Organic silica helps maintain the health, flexibility and youthfulness of our joints, and is also excellent for our skin and hair
- MSM is a vital component in joint care and works alongside chondroitin to maintain the integrity of the cartilage as well as assisting with joint comfort

## What glucosamine and chondroitin do we use?

The glucosamine we use in Healthy Joints is from the finest shellfish sources.

Our high quality chondroitin is extracted from shark cartilage (a byproduct of commercially fished sharks, not sharks caught specifically for their fins) which is why it costs so much. Cheaper less effective forms can be obtained from cow, pig or chicken cartilage.

## Are the glucosamine and chondroitin deodorised?

Both are deodorised by our suppliers during an extraction process using activated carbon.

## Are there any allergy concerns associated with taking this product?

Yes, if you have allergies to fish, sulphites and crustaceans.



## BENEFITS:

- Regeneration of joint cartilage
- Reduced joint stiffness
- Strong healthy bones as you age
- Healthier hair, skin and nails

## THIS PRODUCT HELPS WITH:

- Bones
- Joints

