



# New Advanced Joint Health Complex **FAQs**

## FREQUENTLY ASKED QUESTIONS

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### Q. What is Shaklee Joint Health Complex?

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**A.** Joint Health Complex is a proprietary formulation that features a combination of highly effective ingredients that are clinically shown to improve mobility, enhance flexibility, and improve the function of joints. Newly reformulated, Joint Health Complex is made with a fast-acting ingredient that works in as few as five days to improve joint comfort.\*

### Q. Who might benefit from taking Joint Health Complex?

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**A.** We recommend Joint Health Complex for adult men and women suffering from joint discomfort who are looking for a natural product. Young adults who suffer joint issues due to overworked joints may also benefit.

### Q. What is glucosamine?

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**A.** Glucosamine is an amino sugar and a key building block for larger glycosaminoglycans (proteoglycans). These large molecules are used to make cartilage and the lubricating fluid in joints. Glucosamine-containing substances are also found in tendons and ligaments. Glucosamine helps improve the cushioning of joints and helps maintain cartilage for long-term joint health.

### Q. What is boswellia?

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**A.** Boswellia, or Indian frankincense, is the gum resin from the *Boswellia serrata* tree. The principal components of frankincense are boswellic acids, which have been shown to improve joint comfort.

### Q. What makes the boswellia extract in Joint Health Complex special?

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**A.** The proprietary boswellia extract used in Joint Health Complex not only contains a high concentration of the joint comfort–supporting boswellic acid AKBA (3-acetyl-11-keto-beta-boswellic acid); it also contains other natural constituents of the boswellia resin, which synergistically deliver better bioactivity than AKBA alone. Moreover, this particular boswellia extract has been shown to improve joint comfort better than an extract with higher levels of total AKBA.

### Q. Can I use Joint Health Complex and Pain Relief Complex at the same time?

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**A.** Yes. There is no reason you cannot take both products to support your joint health.

### Q. Who should NOT take Joint Health Complex?

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**A.** Joint Health Complex is not intended for women who are pregnant or nursing, or children under 12 years of age. If you're using prescription medication, consult your physician before taking this product.

### Q. When should I use Joint Health Complex and how much should I use?

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**A.** For best results, take the product as directed: two caplets daily with a meal.

\*The specific form of boswellia extract used in New Advanced Joint Health Complex has been shown in a clinical study to improve joint comfort in as few as five days.



# Works in as Few as Five Days to Improve Joint Comfort\*

## Q. Why is the product chondroitin free?

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**A.** Shaklee Joint Health Complex does not contain chondroitin sulphate because it isn't well absorbed when taken orally. Recent research indicates that chondroitin sulphate can also negatively influence the absorption of glucosamine, which is typically well absorbed.

## Q. Why does the product contain vitamin C?

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**A.** Joint Health Complex delivers 100% of the Daily Value (DV) of vitamin C, as it's an essential nutrient needed for collagen synthesis. Collagen is a component of joint cartilage as well as many other connective tissues in the body.

## Q. Why does the product contain the trace minerals zinc, copper, and manganese?

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**A.** Joint Health Complex delivers 10% of the DV of the trace minerals zinc, copper, and manganese, which are cofactors for enzymes that build collagen and glycosaminoglycans.

## Q. Is Joint Health Complex shellfish free?

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**A.** Yes. In our earlier formulations, the glucosamine hydrochloride was produced from the exoskeletons of certain shellfish. The glucosamine hydrochloride in Joint Health Complex is produced by a process using the microbial fermentation of corn.

## Q. Is Joint Health Complex vegetarian?

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**A.** Yes.

## Q. Is Joint Health Complex gluten free?

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**A.** Yes.

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