



# BONE & JOI



Based in Nature  
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## OSTEOPOROSIS

### Women, Children & Healthy Bones



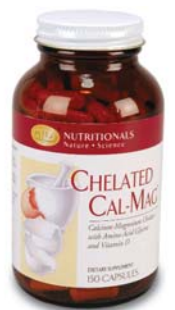
Arianna Carughi  
SAB Member  
Ph.D., C.N.S., Nutritional  
Sciences and Stanford  
Fellow

Twenty-five million people in the United States suffer from osteoporosis, and four out of five of them are women! Research has long been telling us how important calcium is, not only after you've been diagnosed with osteoporosis, but throughout your life. It's simple, really: The stronger your bones are earlier in life, the less likely you are to develop thinner, more porous, more brittle bones later in life.

Unfortunately, we aren't taking this basic information to heart. In the U.S. alone, there are 1.5 million hip fractures per year, and these injuries can be debilitating. Once an elderly person fractures a hip, statistics show that their life will end within 5 years! Of course, it doesn't have to be this way. Enough

calcium to prevent this decline should be a part of your daily diet from early on. That's why we're recommending at least 1,000 to 1,200 mg per day—and that is a lot of calcium! Where can you get it in your diet? It's almost all from dairy products, but many women have trouble with large amounts of dairy—so supplementation is really important. When you're choosing a calcium supplement, the nutrients to look for are vitamin D and magnesium, and this is why GNLD's Cal-Mag® is your best choice.

Another factor that's often overlooked when dealing with osteoporosis is exercise. The pressure of weight and gravity on your body that's a part of regular physical activity actually promotes calcium deposition into your bones. So being active throughout your life reduces your risk, and smart calcium supplementation can make such regular activity possible.



#### Dr. Mom

Calcium supplementation is also very important when your bones are still growing. Calcium is continually being deposited and taken out of your bones at a rapid rate when you are younger. From adolescence to age 35, your bones are gaining calcium because your body is depositing more than it is extracting. After age 35, however, more calcium is being taken out than is being deposited—so your bones begin to lose calcium!

This is why, during adolescence, you need lots of calcium in your diet. When you consider that there is a nationwide decline in milk consumption among young people, you can see that calcium supplementation is critical. My teenage daughter is very active, but she hardly drinks enough milk. I'm always pushing more on her, but there's only so much she can drink! That's why I have her on Cal-Mag, and it's working great.

# NT HEALTH



Lifestyle | SAB



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## OSTEOARTHRITIS

### When Good Joints Go Bad



John Miller  
SAB Member  
Vice President of  
Science and Technology,  
GNLD International

Osteoarthritis (OA), a “wear & tear” disease that attacks our joints by the breakdown of cartilage, is considered by medical science to be a “universal disease.” That means everyone is going to get it—it’s only a matter of time. In fact, OA is already one of our largest and most common health challenges, affecting more than 70 million North Americans and more than 600 million people worldwide. And those numbers are increasing!

Our joints and the flexibility and mobility they allow us are truly amazing, but they can and do wear out. The results can be cata-

strophic, robbing people of their ability to move on their own, and forcing them to live with debilitating pain and discomfort. But there’s good news: Science has shown us there is something we can all do about it. Cartilage degeneration can be slowed and even halted, new cartilage can be created, and comfort can be restored. It’s simply a matter of giving your body the complete family of related nutrients it needs.

#### Full Motion™ to the rescue!

Developed under the direction of the Scientific Advisory Board and formulated to deliver the best, most comprehensive solution leading-edge science has to offer, GNLD’s new Full Motion takes dead aim at maximizing joint health.

*Targets cellular nutrition:* Medical science tells us that throughout our lives we need to build, repair, and regenerate cartilage. In order to do that, our body must first produce the basic

building block of cartilage: glucosamine. Glucosamine is produced naturally by specific cells in our body. In our younger years, the ability of those cells to produce glucosamine is usually sufficient to keep up with demand. But the forces of everyday life change, and exercise, poor diet, excess weight, sports injuries and other trauma, and aging all bring greater demands for cartilage repair and regeneration. At the same time, the efficiency of glucosamine production in the body declines as we get older. The result is that demand eventually exceeds supply, the body can’t keep up, joints wear out, and OA sets in. Full Motion fills the glucosamine gap by delivering pure, biologically functional, pre-formed glucosamine—the natural “amino-sugar” building block of healthy cartilage—right to the body’s cartilage-



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producing cells. Research shows that when these specialized cells get the glucosamine they need, healthy new cartilage can be produced.

*Focuses on comfort:* Medical reports tell us that cartilage degeneration is almost always associated with some level of discomfort and pain. This is due to the sensitive, inflamed tissue that surrounds the area of cartilage loss. Full Motion boosts the body's natural anti-inflammatory capacity, minimizes tissue sensitivity, and maximizes comfort by delivering an exclusive blend of natural plant and herbal ingredients we call our Herbal Comfort Complex.

*Aims for optimal regeneration:* Biochemical research has shown that there is more to optimal cellular cartilage production than just glucosamine. To maximize overall regenerative activities and support, Full Motion provides our unique Regenerative Mineral Complex, which features the biologically critical minerals necessary for healthy cartilage.

*Maximizes bioavailability:* Laboratory studies show that controlling what happens after a product is consumed is critical to assuring bioavailability. By utilizing state-of-the-science manufacturing technology, Full Motion provides the "3D Advantage" (disintegration – dissolution – dispersion) to maximize bioavailability and, thus, user benefit.

The degeneration of our joints—and the loss of comfort, flexibility, and mobility it causes—is a serious, growing problem, but Full Motion is an exciting new answer. It's the comprehensive solution Nature intended and only leading-edge Science can provide. ■

There's  
Something Fishy  
Here—And We're  
Proud of It!



The latest science continues to tell us that omega-3 fatty acids play a major role in our health. But how do you get all of these essential fatty acids in your diet—and what about the quality of the increasing number of omega-3 products out there?

GNLD's Omega III Concentrate and Omega-3 Salmon Oil provide critical omega-3 fatty acids from the purest source in the world: the very finest coldwater fish. In fact, all fish used in our products are health-screened; certified for safe, healthy human consumption; and guaranteed to be the very best for your healthy life!

Science tells you why—  
GNLD tells you how!