



Bio-Glucosamine Forte

What is Bio-Glucosamine Forte?

Bio-Glucosamine Forte is a preparation consisting of hard white gelatin capsules each containing 500 mg of glucosamine sulphate corresponding to 400 mg pure glucosamine.

What is collagen?

Collagen is a cross-linked protein in human tissue. Like the iron mesh that reinforces concrete constructions, collagen provides elasticity and tensile strength, thereby offering useful support for e.g. collagen in joints.

How to take Bio-Glucosamine Forte

The capsules are taken with a glass of water. Dosage is one tablet three times daily. You can also choose to take the whole day's ration at one time. The capsules do not need to be taken with a meal. Do not take double dose if you forget a dose, but continue with normal dosing.

Pregnancy and lactation

In the absence of adequate studies on whether glucosamine can be used by pregnant and lactating, Bio-Glucosamine Forte is not recommended during the pregnancy and lactation period.

What is glucosamine?

Glucosamine is a small water soluble molecule (an amino-monosaccharide) that the body itself can produce. Glucosamine is included as a building block in the union of glycosaminoglycan and hyaluronic acid, which both contribute in the construction of joint cartilage.



Bio-Glucosamine Forte

Declaration

3 capsules contain

Glucosamine 1200 mg

A healthy lifestyle and a varied balanced diet is important for maintaining good health.

Dosage

Adults

1 capsule 3 times daily, unless otherwise advised.
Alternatively, you can take all 3 capsules at one time.

Ingredients

Glucosamine sulphate 2KCl (*from shrimp*), capsule shell: gelatin, anti-caking agent: magnesium salts of fatty acids, color: titanium dioxide.

Pregnant and Breastfeeding:

Pregnant and breastfeeding women should only use Bio-Glucosamine Forte in consultation with a physician. The tablets should be swallowed whole with a full glass of water.

Contains glucosamine from shellfish.

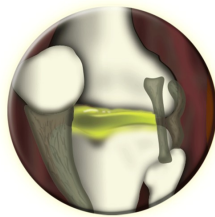
Storage

Dark, dry and at room temperature.
Keep out of reach of young children.

Dietary supplements should not replace a varied diet.

The cartilage in a young and healthy knee joint is intact so it can serve as a protective cushion that absorbs shock and impact. The best way to maintain healthy cartilage is by making sure to stimulate the joint by regular use. In fact, the compression and decompression of the cartilage tissue that happens when you use a joint is necessary to ensure that the supportive nutrients enter the cartilage. These nutrients serve as building blocks in the upkeep of strong and elastic cartilage.

Healthy joints and cartilage are important for maintaining quality of life. The better your joints function, the easier it is for you to stay physically active and enjoy the different activities that help you stay youthful and fit.



When to avoid glucosamine

If you are allergic (hypersensitive) to glucosamine, one of the ingredients or to shellfish, do not take glucosamine as the active substance is derived from shellfish.

Caution required

- By impaired renal function and/or potassium-poor diet
- By diabetes: Measure your blood sugar regularly when taking glucosamine
- By asthma
- Concomitant use of certain drugs: Especially when using blood-thinning drugs (warfarin) and antibiotic-type tetracyclines

Bio-Glucosamine has some unique advantages:

- The smooth surface of the capsule makes it easy to swallow
- The capsule is easily disassembled and the content can be stirred into a glass of orange juice or yogurt
- Does not contain tablet additives

