



▼ **INGREDIENTS**

Supplement Facts		
Serving Size: 2 capsules		
Amount Per Serving		% Daily Value
Vitamin C	60 mg	100%
Vitamin E	14 IU	47%
Proprietary Blend	920 mg	*

Type II Chicken Collagen; Boswellia; Methylsulfonylmethane (MSM); Betaine HCl; Bromelain; Devil's Claw; Coleus Forskohlii; Gymnema Sylvestre; Chapau de Couro (Leaves); Glucosamine; L-Arginine HCl; Turmeric; Magnesium Chelate; Chondroitin Sulfate; Sete Sangrias (Herb); Oyster Shell (Shellfish); Beta Glucan; L-Valine; Rose Hips

*Daily Value is not established

Other Ingredients: Gelatin, Leucine, Vegetable Stearates and Silica

▼ **DOSAGE**

- 2-8 capsules, daily with food, or as directed.

▼ **PACKAGING**

- Capsules: 60 capsules/eco-bottle.

▼ **PERSPECTIVE**

Both overuse and underuse of joints are associated with issues regarding the joint's healthy function. Like every tissue in the body, joints and discs require specific nutrients to perform their tasks and then recover and rebuild their integrity.

▼ **LIFESTYLE**



#133 JOT (Joint, Disc, Cartilage)

This formula contains key amounts of collagen, MSM (Méthylsulfonylméthane), Chondroitin Sulfate, and herbs with a focus on the nutrients associated with normal, healthy joint and disc mobility, lubrication and function, cartilage structural support, and collagen integrity.

▼ **INDICATIONS**

- Normal joint function
- Normal disc health
- Cartilage nutrient factors
- Nutrients for healthy joints

▼ **KEY COMPONENTS**

- **Type II Chicken Collagen** – Contains a 'chicken soup' of valuable nutrients for the body to use to support normal, healthy joints and cartilage. A food source powerhouse of nutrients that relate to joint flexibility and normal performance.
- **Boswellia** – A popular Ayurvedic herb used for centuries to support overall joint health.
- **Bromelain** – A proteolytic enzyme associated with immune system health, normal blood purification and maintenance processes, and intestinal health.
- **Glucosamine** – Plays a key role in the synthesis of glycosaminoglycans and in the strengthening of the cartilage that surrounds the joints.
- **Chondroitin Sulfate** – A nutrient responsible for keeping the joint cartilage lubricated by absorbing water and providing the building blocks for the biogeneration of new cartilage.
- **Methylsulfonylmethane (MSM)** – Needed by the body for the synthesis of cartilage and other connective tissue. Provides a therapeutic form of sulfur.
- **Gymnema Sylvestre** – An herb famous for its influence over normal, healthy glucose metabolism and thus mitochondrial energy function.
- **Turmeric** – High in curcumin compounds, antioxidants, and immune-supportive factors. Cited to serve as a booster of the cells' antioxidant performance. Supports the brain's BDNF hormone which encourages the growth of new neurons. Supports balanced immunological activities.

▼ **CONTRAINDICATIONS**

- Can interact with drugs that slow blood clotting by increasing the effectiveness and impact of the drug, thus potentiating an excessive dose.
- May interact with antimetabolic chemotherapy, decreasing its toxic impact which is needed to inhibit cancer cell proliferation.
- Contraindicated for people with gout due to L-Arginine HCl.

▼ **CLINICIAN CONSENSUS**

- General Joint Health:
 - **#133 JOT** - Joint, Disc, Cartilage
 - **#850 MoRS** - Methylation Donor
 - **#660 MELA** - Optimal Terrain Enzymes
 - **#402 ARTA** - Joint Ez
 - **#225 EE** - Essence Oil (topical)

▼ **BACKGROUND**

Launched in the media based on popular books, Glucosamine/Chondroitin supplements became very popular with many people swearing by their effectiveness to support normal joint health. Systemic Formulas took the concept one step further by including the herbal synergists with the goal of gaining noticeable results quicker. JOT soon became a clinician's favorite, especially among Chiropractors who work with joint health daily in their practices.

▼ **SYNERGISTIC CONSIDERATIONS**

- **#460 KYRO** - Muscle/Tissue/Ligament
- **#850/851 MoRS** - Methylation Donor
- **#660 MELA** - Optimal Terrain Enzymes
- **#402 ARTA** - Joint Ez
- **#225 EE** - Essence Oil (topical)
- **#260 WO** - China Healing Oil
- **#73 Mpr** - Prostata/Ovatum
- **#184 ROX** - Super Antioxidant w/Resveratrol
- **#114 BFO** - Borage, Flax, Fish Oil
- **#2/2002** – Builder
- **#433 GCEL** – Intracellular Glutathione

▼ **INFORMATION RESOURCES**

- www.systemicformulas.com

Quality Control: All herbal ingredients are tested before use for: microbes, heavy metals/contaminants, and assurance of correct genus/species.

Disclaimer: This information is exclusively a communication from clinicians to other clinicians. It was created exclusive of any company's directive. **This is not for public dissemination.** All recipients must be practicing clinicians. Photocopying is strictly prohibited. This information does not propose a method for diagnosing or treating any disease whatsoever - a process exclusive to licensed medical doctors. This information is anecdotal, designed for whole body nutrition to support the body in caring for itself. It features insights from clinician's practices to support proper and ethical usage of nutritional ingredients. The statements have not been evaluated by any regulatory agency and serve only as guidelines for individual clinician decisions.