



Joint Supplement Product Review

- ✓ Which Products to avoid?
- ✓ Which Products work?
- ✓ How does your product measure up?
- ✓ What's the best value?

2007

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Joint Supplement Product Review 2007

Product Focus: Joint Pain, Joint Health, Joint Repair issues

- ▶ Which products should you avoid?
- ▶ Which products successfully reduce joint pain and increase flexibility?
- ▶ How does the product you use compare with your other options?
- ▶ What is your best value?



Without a doubt, your quality of life is directly related to your ability to be mobile. Unfortunately Arthritis directly affects your ability to be mobile. Arthritis is approaching epidemic proportions in North America and people are eager to find ways to maintain their mobility and their quality of life – which means taking corrective action to remedy unhealthy joints.

... Enter Joint Supplements

Over the last few years there has been an explosion of joint health supplements onto the marketplace. While they all make big promises; at the heart of what consumers are searching for is a Joint Supplement that addresses 3 goals.

Your Joint Supplement should:

- √ Reduce Joint Pain;
- √ Support Joint Health to improve mobility; and,
- √ Rehabilitate the cartilage to support Joint Repair

While there is no proven cure at present for degenerative joint diseases – there are natural supplements that have been proven through both real life trials and through documented scientific studies to be effective in addressing these 3 key goals. And unlike pharmaceutical drugs, **natural supplements provide benefits with little or no side effects**.

The word is out and as a result of the demonstrated success that many people are having with natural joint supplement products - there has been a boom in the number of such products being brought to market.

The objective of this JPF Joint Supplement Product Review and the research we conducted is to **provide consumers with a comprehensive evaluation of the best - of the more than 300 - joint supplement products we looked at.**



Product Rating Methodology:

First and foremost our Review considered available information and analysis* of Joint Supplement products to ensure that the company behind the product was reputable and that the product contained the ingredients in the quantities as stated.

The Good News is that all of the Top 25 products detailed in our Review made it past these criteria and into the evaluation phase.

The Bad News is that you need to remain vigilant in your efforts to find the best product for you as 11 products did not make our cut.

The reasons for being Disqualified from our Product Review are...

- ▶ The product did not contain the ingredients as stated on its label, or,
- ▶ The product proved harmful in some manner, or,
- ▶ The product was being promoted using false or misleading claims.

The products that were Disqualified from our review based on these criteria are as follows:

- ▶ Karuna™ Chondroitin Sulfate, Purified Chondroitin Sulfate
- ▶ Vital Nutrients Joint Ease
- ▶ Verified Quality Joint Comfort
- ▶ Nature's Plus® Ultra Maximum Strength Chondroitin 600® 100% Pure Chondroitin Sulfate
- ▶ Swanson® Health Products Premium Brand, Glucosamine & Chondroitin
- ▶ Weil™ Andrew Weil, M.D. Glucosamine & Chondroitin
- ▶ Drinkables® Liquid Joint Care; Maximum Strength
- ▶ Symtec® Joint Movement™ Glucosamine with Chondroitin + MSM
- ▶ Joint Max® Regular Strength, Now with Manganese
- ▶ Nutri Vet® Nutritionals, Hip & Joint Soft Chews, Contains Glucosamine & Chondroitin
- ▶ Arthro 7™ Type II Collagen & MSM

For the **25 products** that **Qualified for our Review**, we used the following **10 criteria** to generate our assessment and rating:

- 1) **Key Active Ingredients** - the top 2 or 3 listed ingredients by volume
- 2) **Supplement Delivery Method** - nutrient delivery method - pill, gel cap, liquid, etc.
- 3) **Packaging details**
- 4) **Price for that package size**
- 5) **Price per day** - based on our calculations following industry best practices
- 6) **Safety** - Quality control measures, purity of ingredients, including storage and usage Risks
- 7) **Support for Joint Mobility** - Ability to improve movement
- 8) **Support for Joint Repair** - Ability to promote joint repair
- 9) **Pain Relief** - Ability to provide immediate and long term joint pain relief
- 10) **Bioavailability** - Ability to efficiently & effectively deliver its ingredients into your system



Our list of Reviewed Products is presented in descending order based on their respective cumulative scores derived from the 10 ranking criteria as outlined above.

Note that we update our Review yearly, so if you don't see the product you use, or if you'd like to provide a comment on one of the products reviewed (or any other Joint Pain Supplement for that matter), or if you would like to recommend a product for inclusion in our next Review – please submit your request to www.Joint-Pain-Forum.com/product-submission.html and we'll do our best to include comments on it next time around.

Thanks and enjoy the Review!

P.A. Ballantine

Publisher; Joint-Pain-Forum.com





TOP 9 JOINT SUPPLEMENTS - *Your Wisest Choices*








Website	Picture	Product name	Key active ingredients	Supplement Delivery method	Pkg. size	Lot price	Safety	Support for Joint Mobility	Support for Joint Repair	Joint Pain Relief	Bioavail - ability	Price per day & Resultant Value	Overall score
www.SynflexAmerica.com		Syn-Flex™	Glucosamine, Chondroitin, Omega 3	liquid	8oz / 240ml	\$ 30.00	5 ★	4 ★	4 ★	4 ★	5 ★	\$ 0.94 5 ★	27 ★
www.Flexicose.com		Flexicose™	Glucosamine, Chondroitin, MSM	liquid	8oz / 240ml	\$ 30.00	4 ★	4 ★	4 ★	2 ★	5 ★	\$ 0.94 5 ★	24 ★
www.LiquidHealthInc.com		Liquid Health™	Glucosamine, Chondroitin, MSM	liquid	32oz	\$ 24.00	4 ★	4 ★	4 ★	3 ★	5 ★	\$ 1.14 4 ★	24 ★
www.hydrajoint.com		HydraJoint™	Glucosamine, Chondroitin, MSM	liquid	15oz	\$ 22.00	4 ★	4 ★	4 ★	2 ★	5 ★	\$ 1.10 4 ★	23 ★
www.Flexamin.com		Flex-A-Min™	Glucosamine, Chondroitin, MSM	tablets	120 pcs	\$ 30.00	5 ★	4 ★	4 ★	3 ★	1 ★	\$ 0.75 5 ★	22 ★
www.flexcerin.com		Flexcerin™	Glucosamine, Chondroitin, MSM	tablets	120 pcs	\$ 40.00	5 ★	4 ★	4 ★	5 ★	1 ★	\$ 1.33 3 ★	22 ★
www.1800wellmed.com		Joint Protect™	Isooxygene	tablets	120 pcs	\$ 25.00	5 ★	4 ★	2 ★	5 ★	1 ★	\$ 0.83 5 ★	22 ★
www.Lyprinolusa.com		Lyprinol™	Marine Lipid Extract	gel cap's	60 pcs	\$ 26.00	5 ★	4 ★	3 ★	2 ★	3 ★	\$ 0.87 5 ★	22 ★
www.SchiffVitamins.com		Move Free Advanced™	Glucosamine, Chondroitin, MSM	tablets	90 pcs	\$ 30.00	5 ★	4 ★	4 ★	3 ★	1 ★	\$ 0.67 5 ★	22 ★

MIDDLE 9 JOINT SUPPLEMENTS

Website	Picture	Product name	Key active ingredients	Supplement Delivery method	Pkg. size	Lot price	Safety	Support for Joint Mobility	Support for Joint Repair	Joint Pain Relief	Bioavail - ability	Price per day & Resultant Value		Overall score
www.OsteoBiFlex.com		Osteo-Bi-Flex™	Glucosamine, Chondroitin	capsules	80 pcs	\$ 21.00	5 ★	3 ★	4 ★	3 ★	2 ★	\$ 0.53	5 ★	22 ★
www.patenthealth.com		Trigosamine™	Glucosamine, Chondroitin, Hyaluronate	capsules	90 pcs	\$ 30.00	5 ★	4 ★	4 ★	3 ★	2 ★	\$ 1.00	4 ★	22 ★
www.naturemade.com		Triple Flex™	Glucosamine, Chondroitin, calcium	capsules	60 pcs	\$ 18.00	5 ★	3 ★	4 ★	3 ★	2 ★	\$ 0.60	5 ★	22 ★
www.new-chapter.com		Zyflamend™	Rosemary, Tumeric, ginger	gel cap's	120 pcs	\$ 38.00	5 ★	3 ★	2 ★	4 ★	3 ★	\$ 0.63	5 ★	22 ★
www.nutramaxlabs.com		Cosamin DS™	Glucosamine, Chondroitin	capsules	210 pcs	\$ 70.00	5 ★	3 ★	4 ★	3 ★	2 ★	\$ 1.00	4 ★	21 ★
www.PatentHealth.com		FluidJoint™	milk microproteins	capsules	60 pcs	\$ 25.00	5 ★	3 ★	3 ★	3 ★	2 ★	\$ 0.83	5 ★	21 ★
www.knox.com		Nutra Joint™	Glucosamine	powder	13.86oz	\$ 22.00	5 ★	2 ★	3 ★	2 ★	4 ★	\$ 0.73	5 ★	21 ★
www.quantumhealth.com		Arthri-Gesic™	Glucosamine, white willow bark	liquid	8oz / 240ml	\$ 11.00	3 ★	3 ★	3 ★	3 ★	5 ★	\$ 1.38	3 ★	20 ★
www.Naturade.com		Celadrin™	Myristate, Myristoleate, Oleate	tablets	40 pcs	\$ 20.00	5 ★	3 ★	3 ★	4 ★	1 ★	\$ 1.00	4 ★	20 ★



BOTTOM 7 JOINT SUPPLEMENTS - *Not Recommended*

Website	Picture	Product name	Key active ingredients	Supplement Delivery method	Pkg. size	Lot price	Safety	Support for Joint Mobility	Support for Joint Repair	Joint Pain Relief	Bioavail - ability	Price per day & Resultant Value		Overall score
www.conquerha.net		Conquer HA™	Hyaluronic Acid	gel cap's	60 pcs	\$ 40.00	5 ★	4 ★	3 ★	2 ★	3 ★	\$ 1.33	3 ★	20 ★
www.JointJuice.com		Joint Juice™	Glucosamine	liquid	6 cans	\$ 6.00	4 ★	2 ★	3 ★	2 ★	5 ★	\$ 1.00	4 ★	20 ★
www.SchiffNutrition.com		Lubriflex™	Glucosamine, Hyaluronic Acid	tablets	60 pcs	\$ 25.00	5 ★	3 ★	3 ★	3 ★	1 ★	\$ 0.83	5 ★	20 ★
www.Phosoplex.com		Phosoplex™	Glucosamine, Chondroitin, Collagen II	capsules	120 pcs	\$ 50.00	5 ★	4 ★	4 ★	4 ★	2 ★	\$ 3.33	0 ★	19 ★
www.TwinLab.com		MaxiLife™	Glucosamine, Chondroitin	tablets	30 pcs	\$ 14.27	5 ★	3 ★	4 ★	2 ★	1 ★	\$ 1.40	3 ★	18 ★
www.Rudofil.com		Rudofil™	Glucosamine, boswellin, tumeric	capsules	60 pcs	\$ 70.00	5 ★	3 ★	3 ★	2 ★	2 ★	\$ 2.30	0 ★	15 ★
www.Eazol.com		Eazol™	white willow bark, Lobelia	capsules	30 pcs	\$ 60.00	5 ★	2 ★	2 ★	3 ★	2 ★	\$ 2.00	0 ★	14 ★

Points to keep in mind about these products:

- While a number of the products in our Joint Supplement Review base their efficacy on other ingredients, the most common and most tested ingredients are Glucosamine, Chondroitin and MSM
- **Quality - not Quantity** - of ingredients is the most important aspect when it comes to predicting the results that supplement will deliver to a user. The purity of the ingredients is what has the most dramatic effect on results you will achieve. So... you need ensure that you're buying a product that includes **hi-purity ingredients**.

- Glucosamine

The different supplements can deliver their Glucosamine ingredients via different chemical forms:

Glucosamine *hydrochloride (HCl)*:

This form is used most often in studies where glucosamine is combined with chondroitin.

Glucosamine *sulfate (glucosamine sulfate 2-KCl)*:

This is the form that is most often used most if glucosamine alone is being studied. Studies have failed to demonstrate that one form is superior to the other. However, absorption tests have shown that the amount of available glucosamine that derives from each form does vary. The results show that 1,500 mg of glucosamine hydrochloride will deliver 1,250 mg of available Glucosamine versus 1,500 mg of glucosamine sulfate with 2 NaCl or 2 KCl – which will deliver only approximately 900 mg of available glucosamine.

What's interesting is that even though the hydrochloride form delivers more available glucosamine than the sulfate forms – results seem to demonstrate that the dosage guidelines of 1,500 mg per day, regardless of the form, appears to be equally effective.

IMPORTANT NOTE: As the NaCl (sodium chloride) form has a salt component, you may want to regulate your use of this form should you have a need to watch your salt consumption.

- Chondroitin:

Recent studies question the value of Chondroitin as a stand alone supplement. The fallout being that Chondroitin appears to be most effective in combination with Glucosamine.

The most readily available form of Chondroitin is chondroitin sulphate.

Studies recommend that 1,200 mg of chondroitin sulfate should be taken per day. Chondroitin sulfate is also often bonded with salt to facilitate delivery. As such you may see it referred to on the label as "sodium chondroitin sulfate" or "calcium chondroitin sulfate."

IMPORTANT NOTE: You should regulate your use of this product if you need to watch your salt consumption. As an option you can choose the *calcium* salt form which has lower levels of salt than does the sodium version.



JPF Priceless Pointers™

Points to keep in mind about these products:

- MSM:

MSM is available in stand-alone formulations as well as in synergistic formulations that may include Glucosamine, Chondroitin and or other ingredients.

The key benefit of MSM is that it contains a significant amount of sulfur – 35% by weight – and sulfur is critical to good joint health. Sulfur helps maintain the structure of connective tissue by forming cross-linkages through disulfide bonds, i.e., sulfur strengthens the tissues that make up the joint.

While more research is needed to determine how the body absorbs the sulfur it derives from MSM - preliminary studies in mice and in horses suggest that the sulfur in MSM is incorporated into proteins and into joint tissues.

The generally recommended dosage of MSM is 1,500 to 6,000 mg per day. This is based on two double-blind studies of MSM for osteoarthritis of the knee.

Some people achieve results in as little as a week, but most research indicates that MSM may take more time to reduce joint problems. For example, the 2006 Kim study period extended for 12 weeks, starting with a dose of 2 grams a day then increasing over the next three days to 6 grams per day. In that study, pain was reduced by 25%, with the most dramatic change reported between week two and week four; pain continued to decrease all the way through week twelve, indicating that a longer study might have shown even further benefit.

- GAIT Study and the GUIDE Trial :

The published results from these studies indicate that the daily recommended dosage of both glucosamine and chondroitin should be divided into two or three doses that are spread throughout the day.

That means, you should take...

- 500 mg of glucosamine HCl/sulfate along with 400 mg of chondroitin sulfate three times a day or,
- 750 mg glucosamine HCl/sulfate along with 600 mg chondroitin sulfate two times a day.

- Studies have shown that the beneficial effects from these supplement products can take anywhere from 2 weeks to 3 months.
- Once a beneficial result has been achieved, you may want to experiment with dosing to see if you can maintain the same results at a lower dosage and hence, a lower cost. We recommend reducing your dosages to 1,000mg of glucosamine along with 800mg of chondroitin and simply increase your dosing to the last level at which you had good success.
- Study has shown that manganese may have a synergistic effect when used in combination with Glucosamine and chondroitin, to aid bone regeneration and formation. The daily recommended amount of manganese is 2.3 mg per day for men and 1.8 mg per day for women.



JPF Priceless Pointers™

Points to keep in mind about these products:

- Liquids have proven to be the most effective delivery medium for supplement ingredients. Aside from offering the obvious benefit of being easy to swallow, they start to be absorbed through permeable membranes in the mouth and the process continues into the stomach and digestive tract - very little if any of the valuable nutrients you are purchasing are wasted.

Unfortunately, in comparison, it's not uncommon to have pills and capsules pass right through the body with very little absorption taking place.

The point to consider is that you may get less nutrient delivery for your money with pills and capsules – so low cost does not mean better value.

