



## Glucosamine-Chondroitin Capsules

Nutritional supplement

### Good to know:

Glucosamine is a naturally occurring amino sugar, i.e. a glucose molecule. It is mainly obtained from chitin, a widespread polysaccharide that serves to form structure. It is found, among other things, in the chitinous shells of insects, in shellfish such as shrimps and as a precursor in certain mussels, such as the green-lipped mussel. Chondroitin, the short form of chondroitin sulphate, is also a natural biological macromolecule that is valued by many as a nutritional supplement, especially in combination with glucosamine.

### Ingredients:

**Glucosamine Sulphate from Shellfish** (42%), Chondroitin Sulphate (33%), bulking agent Calcium Carbonate, Gelatine, separating agent Magnesium Stearate.

	per capsule	per daily dose (= 3 capsules)
Glucosamine Sulphate	340 mg	1020 mg
Chondroitin Sulphate	270 mg	810 mg

Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011 not yet available.

### Recommended dose:

Take 1 capsule 3 times a day with a meal and sufficient liquid.

Persons with limited glucose tolerance or taking cumarin-anticoagulants should consult their doctor before taking.

Keep out of direct sunlight. Store dry and not above 25°C. Food supplements should not be used as a substitute for a varied and balanced diet and do not replace a healthy lifestyle. Keep out of the reach of small children. The recommended daily dose should not be exceeded.

**Contents 240 capsules = 194 g**

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