



## 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%), Calcium Carbonate (bulking agent), Gelatine (capsule coating), Magnesium Stearate (separating agent).*

Each capsules contains:

340 mg Glucosamine Sulphate and  
270 mg Chondroitin Sulphate

### Recommended dose:

Take 3-5 tablets (depending on body weight) per day with sufficient fluid before the main meal.

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

Persons

under 60 kg: 3 capsules/day  
from 60-100 kg: 4 capsules/day  
over 100 kg: 5 capsules/day

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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