

"FitLine Gelenk-Fit & Active Gel BeautyLine "results with arthritis, rheumatism and other joint pain

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HEALTHY AND STRONG JOINTS

FitLine Gelenk-Fit, for strong joints, suitable for the conservation of bones and connective tissue

Ideal for people with articular important cartilage wear such as in the knee (chondropathy, patellar chondromalacia), verte with osteoarthritis. It is also recommended in athletes who subject the body to great physical

stress, because they need a good articular condition for better performance Glucosamine is derived from shellfish and is a aminosaccharide which plays an important role in the formation and repair of cartilage Chondroitin sulfate is part of a large protein molecule (proteoglycan) that

provides elasticity to cartilage.

Vitamin C helps form collagen, essential for a good joint, connective tissue and bone

NTC: to achieve the best possible absorption of nutrients without emulsifiers

without preservatives

\* Product for 3 months

INGREDIENTS: Glucose, Glucosamine sulfate, potassium chloride seafood, Chondroitin sulfate, Vitamin C, Aroma, sweetener Acesulfame K, algae powder.

Gelenk-fit is intended and designed to combat problems arising from joint wear, in which cartilage has been reduced in size and properties and in many cases causes an annoying pain in the area or even loss of function in

features

Like all Fitline range, Gelenk-Fit is faithful to its guidelines in search of the best combination of ingredients and applying the latest advances in nanotechnology, which is reduced in the Nutrient Transport Concept (NTC), with the goal of achieving improve and increase the absorption and assimilation of these for our body's advantage soon.

## VITAMIN C:

It highlights its antioxidant power, as we have detailed in other articles, but it is essential along with magnesium in the formation of collagen. Collagen is the protein increased presence in our body and is part of the connective e and cartilage.

Chondroitin sulfate:

Major structural constituent of the extracellular matrix of cartilage proteoglycans organized. We must emphasize that the articular cartilage is a highly specialized tissue with a large extracellular matrix particularly more than 98% of the matrix volume and less than 2% of cells (chondrocytes). Proteoglycans help provide cartilage its mechanical and elastic properties
These characteristics depend on the integrity of the collagen network and

retaining it within a high chondroitin sulfate concentration Chondroitin sulfate, as a supplement, is mainly extracted, the cartilage of the trachea of cattle, but in Japan it is also extracted from shark cartilage. Glucosamine:

Glucosamine is an aminosaccharide which plays an important role in cartilage formation and repair.

Glucosamine as a supplement, is extracted from crab, lobster or shrimp chelle

Why cartilage destruction occurs?

A key stage in the degenerative process is the loss of cartilage proteoglycan and exposing its collagen network to a mechanical malfunction.

The reduction of proteoglycans in the matrix may be due to high activity of neutral metalloproteinases (collagenase, gelatinase and stromelysin) due to deficiency of specific inhibitors.

Effects of supplementation of chondroitin sulfate and glucosamine:

Antiinflammatory

It stimulates the synthesis of proteoglycans

Decreases catabolic activity (destruction) of cartilage cells (chondrocytes), by inhibiting enzymes that we mentioned in the previous section. Slows joint narrowing (loss of joint space)

Improves joint pain sensation Bibliography

Currently in Pharmacology and Therapeutics June 2011 I Volume 9 No. 2 I -

Gelenk-fit and joint pain:

As we have seen throughout this article it is ideal for those who suffer from joint wear with involvement in cartilage and all the consequences that entails product. Spill synovial inflammation, pain with any movement or any loss of functionality due to joint pain.

Gelenk-fit and sports

Athletes are a population group that bears his body to an important level of America and a population gloup intal loads in so body to an important ever stress. It is customary for much of the good professional or competitive athletes suffer from pain in one of your joints. Therefore Gelenk-Fit is an ideal place to assist the athlete to enhance his recovery and allow him to extend their optimum yield.

Introducing Gelenk-fit:

Gelenk-fit comes in a pot of 270g with a dispenser. Packaging containing product for 90 days.

INFORMATION ON MAKING Gelenk-FIT:

Once daily take one of two dosages product (3g) in a glass of water. It can also be taken in combination Restorate Fitline dissolving the two products in a glass of water.

