



Skeletal

Procosa®



Ground-breaking formula that supports optimal joint health*

Nearly one in three adults in the United States suffers from some form of joint problem. The situation is worse for athletes and those who are subject to high amounts of physical stress at work and at home. To help support healthy joints, USANA created **Procosa** supplement, a product with a blend of glucosamine, manganese, vitamin C, and silicon—building blocks for healthy cartilage.*

CARTILAGE

Cartilage is the protective layer that cushions and lubricates the joints. Over the years, the cartilage in our joints is gradually worn down due to normal physical activity. The body rebuilds the cartilage as it is worn and replaces shock-absorbing synovial fluid, so the joints are always protected. For various reasons, however, the production of new cartilage and synovial fluid can fall behind demand. Because of poor blood supply, lesions to articular cartilage do not heal at the same rate as in other tissue in the body; cartilage is rebuilt slowly. If components of the substances used for cartilage repair are in short supply, recovery from damage can be slowed even more.

GLUCOSAMINE

Glucosamine, an amino sugar, is an important precursor in the biosynthesis of cartilage. Specifically, it is a building block of proteoglycans—protein molecules with a high content of bound carbohydrates. Proteoglycans and collagen compose the majority of the cartilage matrix. Proteoglycans are essential for healthy cartilage because they bind the water that lubricates and cushions the joint.*

In addition to its role as a biochemical precursor, glucosamine is believed to play a role in regulating cartilage formation and normalizing cartilage metabolism by encouraging higher production of collagen and proteoglycans. Glucosamine also stimulates synovial production of hyaluronic acid, which is responsible for the lubricating and shock-absorbing properties of synovial fluid.*

Numerous double-blind clinical studies have shown the efficacy of glucosamine supplements in maintaining healthy cartilage, healthy joints, and full range of motion in the short-term. More recently, a three-year study was published showing that joint space increased in the glucosamine-treated group, while it continued to decrease in the placebo group, indicating that the protective cartilage was better maintained in those who used glucosamine. Additional studies have demonstrated that glucosamine, taken orally, is well-absorbed and diffuses into tissues, including the articular cartilage.*

A POWERFUL BLEND

The combination of glucosamine with Meriva®† bioavailable curcumin complex, vitamin C, manganese, and additional joint-supporting nutrients represents a more comprehensive approach to joint health. Over the long term, these ingredients help retain healthy cartilage. Clinical studies have shown that Meriva bioavailable curcumin complex provides significant benefits for joint function. Manganese is required for enzymes involved in the biosynthesis of proteoglycans. Vitamin C is essential for the reactions necessary to collagen formation.*

WHY PROCOSA®?

Procosa is USANA's formula for joint health. We combine 1500 mg of high-quality, vegetarian glucosamine HCl—a dose shown to be effective—with a blend of important vitamins and minerals, including Meriva bioavailable curcumin complex. Meriva is an innovative phytosome that delivers water-soluble curcumin wrapped in fat-soluble soy lecithin, which more easily crosses cell membranes for dramatically improved stability and absorption. In addition, vitamin C and curcumin provide antioxidant defense against cell-damaging oxidative stress.*



Available for MyHealthPak™

ITEM #131

DIRECTIONS: TAKE THREE (3) TABLETS DAILY, PREFERABLY WITH MEALS.

SUPPLEMENT FACTS

SERVING SIZE: 3 TABLETS

AMOUNT PER SERVING	%DV
VITAMIN C (AS CALCIUM ASCORBATE)	225 mg 375%
MANGANESE (AS MANGANESE GLUCONATE)	5 mg 250%
MAGNESIUM (AS MAGNESIUM SULFATE)	43 mg 11%
POTASSIUM (AS POTASSIUM SULFATE)	94 mg 3%
GLUCOSAMINE HCL (VEGETARIAN)	1500 mg †
MERIVA® BIOAVAILABLE CURCUMIN COMPLEX	247 mg †

† DAILY VALUE NOT ESTABLISHED.

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, MODIFIED CELLULOSE, SOY LECITHIN, CROSCARMELLOSE SODIUM, ASCORBYL PALMITATE, DEXTRIN, CALCIUM SILICATE, DEXTROSE, SODIUM CITRATE.

CONTAINS SOY.

MERIVA® IS A TRADEMARK OF INDENA S.p.A.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION WHERE APPLICABLE.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SEAL IS BROKEN OR MISSING.

USANA HEALTH SCIENCES, INC., 3838 W. PARKWAY BLVD., SALT LAKE CITY, UTAH 84120, USA

STORE BELOW 25° C MADE IN USA

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*Meriva® is a trademark of Indena S.p.A.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.