



Cartilage health and function

A balanced diet contributes to the maintenance of muscular strength, strong bones and functional joints. Joint health particularly depends on the regular intake of specific nutrients to guarantee mobility and quality of life at any age.

Doppelherz* **aktiv Joints 900 ULTRA** capsules contain a unique combination of vitamins, minerals and nutrients that specifically help maintain joints healthy.

Glucosamine and Chondroitin are building blocks used in the synthesis and the maintenance of the cartilage. Intake of glucosamine and chondroitin on the long term is associated with better joint comfort.

Green-lipped mussels from New Zealand contain various compounds with anti-inflammatory properties. Their positive effects on joints have been praised by Maori people who use to include this seafood in their traditional diet.

In order to remain resistant to compression, the cartilage needs to be supplied with hyaluronic acid.

Copper and manganese are essential for the constitution and the maintenance of the connective tissue which allows tendons and ligaments to withstand tension.

Zinc, magnesium and vitamin D contribute to the maintenance of bone health directly by participating in the bone structure and indirectly by stimulating calcium uptake and deposition.

Vitamin C, vitamin E, zinc and selenium are antioxidants that protect joints from free radicals generated when joints are strained. Vitamin C is also important for the proper synthesis of collagen, one of the key-component of cartilage.

Preserve healthy joints by regularly taking **Doppelherz**[®] aktiv Joints 900 ULTRA capsules!

Two capsules contain:

lactose- & gluten-free

900 mg Glucosamine sulfate, 150 mg Chondroitin sulfate, 150 mg Green-lipped mussel powder, 80 mg Vitamin C, 12 mg Vitamin E, 10 mg Hyaluronic acid, 1 mg Manganese, 120 mg Magnesium, 5 µg Vitamin D, 300 µg Copper, 30 µg Selenium, 5 mg Zinc.

Recommendations:

Take 2 capsules daily at meal with enough liquid. Do not chew.

Do not exceed the stated recommended daily dosage! Food supplements should not be used as a substitute for a varied diet. The product should be stored out of the reach of children.

Remark:

Not suitable for people with fish or shellfish allergy.

Energetic value: 1 capsule corresponds to 0.5 kcal/2 kJ.

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Do not store above 25 °C.



