

Four Capsules of Bone-Joint  
Feed Your Bones With  
More Nutrition Than  
Several Plates Of Food!

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**Bone-Joint**

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Bone-Joint is a super concentrated synergistic whole food formula of herbs supporting the wellness of the bones, joints and muscles of people of all ages. The quality of the health of your bones and joints is vital and foundational to the health and structural support of the whole body. It also nourishes your blood which is formed in your bones.

#### **Yucca Root Powder**

Long tradition of use by Native Americans on broken bones and sprains, as well as to help avoid inflammation and stop bleeding. High content of steroid saponins, which are precursors to cortisone, and is useful in relieving arthritis, rheumatism, and muscle pain. High in bone building minerals calcium, potassium, iron, manganese and copper. Rich in vitamins A, B-complex and has some vitamin C.

#### **Glucosamine HCL**

Excellent joint support and effective for joint-related conditions such as osteoarthritis and rheumatoid arthritis, knee pain, back pain and even glaucoma. Promotes cartilage function, strength and mobility. Helps to rebuild worn joints, lubricates stiff joints and soothes inflamed joints.

#### **Burdock Root Powder**

Excellent blood purifier, helping clear blood of harmful acids such as uric acid. Can reduce swelling around joints and rid the body of calcification deposits. Good for arthritis and rheumatism, and helpful in cellular regeneration as well as gout and sciatica. High in lignins, magnesium and copper. Plays an important role in muscle contraction and helps build muscles.

#### **Acerola Cherry Extract 4:1**

One of nature's highest sources of vitamin C and has a carotene content comparable to carrots. Used for inflammation and arthritis. Helps flush uric acid out of tissue, relieving gout. Has anti-aging benefits as well as compounds that prevent tooth decay. Helps form strong muscles.

#### **Celery Seed**

Powerful acid neutralizer which aids in relieving rheumatism. Can be effective in relieving different types of arthritis and gout. Can help reduce muscle spasms, inflammation and calm the nerves. Lymph cleanser.

#### **Devil's Claw Root**

Proven to positively affect arthritis, rheumatism and arteriosclerosis. Relieves inflammation and stops pain. Produces a generalized feeling of strength. Good blood purifier. Also aids deep tissue cleansing of toxic impurities in the body and lymph. Contains natural analgesic compounds. Can relieve pain from arthritis, lower back, knee and hip pain. Also used to heal soft tissue pain and muscle aches.

#### **Chondroitin Sulfate**

Component of human connective tissues found in cartilage and bone. Helps reduce pain and inflammation, improves joint function and slows progression of osteoarthritis. Helps neutralize enzymes that cause the degeneration of joint cartilage and formation of bony spurs within various joints. It delivers compounds and fluids that cushion bones and joints.

### **Black Walnut Hulls**

Known as the muscle and nerve food. Contains K2 which activates proteins in bones. Known to restore, strengthen and build tooth enamel, and strengthen bones and teeth. High in magnesium, calcium.

### **Alfalfa Leaf Powder**

Rich in bio-available calcium and helps the body assimilate calcium and other nutrients that play a vital role in the strength and growth of bones and in the maintenance of a healthy body. Also known as an alkalinizing plant. Rich in vitamins A, K and D. Helps with joint pain, stiffness, and muscle pain. Effective in relieving stiffness and pain caused by muscle problems.

### **Borage Leaf Powder**

Borage is high in vitamin D. Known as an anti-inflammatory and can be effective relieving rheumatoid arthritis. High concentration of gamma linolenic acid (GLA). High silica content helps hair and nails grow, and teeth and bones maintain strength and good density. The leaves are traditionally used to bind broken bones. Helps control the use of muscle tone. Capable of soothing and reducing spasms in the muscles. Vital for healthy bone formation, nerve and muscle function. High levels of the fatty acids present in borage help combat the muscle spasms and numbness associated with multiple sclerosis. Borage oil has also proven effective in preventing nerve damage.

### **Comfrey**

Known as a wound-healer and bone-knitter, used to bind broken bones. Feeds the pituitary with its natural hormone and helps strengthen bones. Helps in calcium/phosphorus balance, promoting strong bones and healthy skin. Used in healing of fractures and wounds. Can be effective in relieving arthritis. Has ability to facilitate rapid healing of virtually all muscle tissues, torn muscles, tendons or ligaments. Aids in stimulating the production of cartilage, tendons and muscles. Helps with traumas that cause swelling. Traditionally used by people for decreasing pain involved with a pulled muscle and bone fractures. Many people use comfrey effectively for skeletal muscle pain.

### **Ginger Root Powder**

Known to enhance effectiveness of other herbs when in combination. Can be effective in relieving rheumatoid arthritis and muscle pain. Acts as a powerful anti-inflammatory and pain reliever.

### **Lobelia Herb Powder**

In combination with other herbs, helps to repair fractured, broken or cracked bones. Aids in increasing bone density. Known to help relieve arthritis and rheumatism and is an excellent smooth muscle relaxer.

### **Aloe Leaf Powder**

Alkalizing and rich in vitamins and minerals. Contains glucosamine--a natural compound found in cartilage and offers healing for bones, flesh and cartilage. Has anti-inflammatory compounds that boost collagen levels. Aids the body's natural healing processes to rebuild itself at a much faster rate. For joints affected by arthritis, reduces inflammation, relieves soreness and muscle pain, and repairs joints. Helps muscles relax and relieves muscle aches and pains.

### **Spearmint Leaf Powder**

Good source of iron, magnesium, calcium and other minerals helping keep bones strong. High in vitamins, antioxidants and vital nutrients. Soothing to nerves, effective in relieving arthritis pain. Has a relaxing effect on the nerves and muscles, and helps to relax contractions in the case of muscle spasms.

### **Shavegrass (Horsetail) Herb**

Rich in silica and selenium. Has strong anti-inflammatory properties. Helps improve health conditions including brittle bones, hair, teeth, rheumatic disorders and osteoarthritis. Known to help heal broken bones and fractures, particularly torn cartilage, tendons and ligaments.