

- When combined with a healthy lifestyle, promotes optimal joint health*
- Supplies important compounds necessary for the maintenance of healthy cartilage*



ITEM# 131

Every day your joints endure an enormous amount of stress from physical activity, including walking, lifting, and typing. Despite this heavy and constant use, we take our joints for granted and expect them to function trouble-free for several decades. However, more than 7 million adults in the United Kingdom (15 per cent of the population) have long-term health problems due to arthritis and related conditions.¹ The situation is worse for athletes and those who have high amounts of physical stress at work and at home. To help support healthy joints, USANA created the PROCOSA™ II food supplement, a product with a blend of glucosamine, manganese, vitamin C, and silicon—the 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 other tissue in the body; cartilage is rebuilt slowly. And if components of the substances used for cartilage repair are in short supply, the recovery from damage can be slowed even more.*

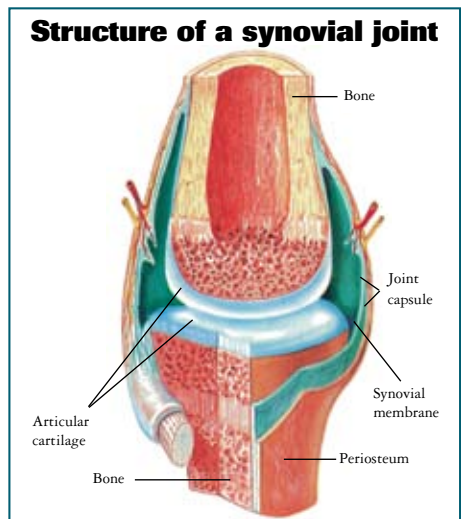
GLUCOSAMINE

Glucosamine, an amino sugar, is an important precursor in the biosynthesis of cartilage. Specifically, it is a building block of proteoglycans²—protein molecules with a high content of bound carbohydrate. 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. When the articular cartilage degenerates, joint pain and osteoarthritis may result.*

In addition to its role as a biochemical precursor, glucosamine is believed to play a role in regulating cartilage formation and normalising cartilage metabolism by encouraging higher production of collagen and proteoglycans.³ Glucosamine also stimulates synovial production of hyaluronic acid, which is responsible for the lubricating and shock-absorbing properties of synovial fluid.^{4*}

Numerous double-blind clinical studies have shown the efficacy of glucosamine supplements in maintaining



OPTIMIZERS/SKELETON/STRUCTURAL

healthy cartilage, healthy joints, and full range of motion in the short-term.⁵⁻¹¹ 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.¹² Additional studies have demonstrated that glucosamine, taken orally, is well-absorbed and diffuses into tissues, including the articular cartilage.^{13-15*}

A POWERFUL BLEND

The combination of glucosamine sulfate with turmeric extract, manganese, vitamin C, and silicon represents a more comprehensive approach to joint health. Over the long term, these ingredients function in the body to help retain healthy cartilage. Glucosamine sulfate promotes the incorporation of sulfur, a component of protein, into the cartilage matrix. Turmeric contains curcumin and related compounds known as curcuminoids, which have good antioxidant properties.^{16,17} Manganese is required for enzymes involved in the biosynthesis of proteoglycans.^{18,19} Vitamin C is essential for the reactions necessary to collagen formation. And, silicon is required for proper collagen formation and ultimately cartilage composition.*

WHY PROCOSA™ II?

PROCOSA II is USANA's formula for joint health designed to complement an overall healthy lifestyle. We incorporate a full 2000 mg per day of high-quality glucosamine sulfate combined with turmeric extract, vitamin C, manganese, and silicon to support comprehensive joint health.*

References

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DIRECTIONS: ADULTS TAKE TWO (2) TABLETS TWICE DAILY, PREFERABLY WITH FOOD. DO NOT EXCEED STATED RECOMMENDED DAILY DOSE.

EACH TABLET CONTAINS:		%EC RDA*
VITAMIN C	75mg	125%
MANGANESE	1.25mg	†
GLUCOSAMINE SULPHATE 2KCL	500mg	†
TURMERIC (<i>CURCUMA LONGA</i>) (ROOT)	125mg	†
SILICA	0.75mg	†

*RDA = Recommended Daily Allowance
†No EC RDA Established

INGREDIENTS: GLUCOSAMINE SULPHATE 2KCL, BULKING AGENT (MICROCRYSTALLINE CELLULOSE), TURMERIC ROOT, VITAMIN C (AS CALCIUM ASCORBATE), MANGANESE GLUCONATE, ANTI-CAKING AGENT (ASCORBYL PALMITATE), GLAZING AGENT (DEXTRIN), ANTI-CAKING AGENT (SILICON DIOXIDE), CALCIUM SILICATE (SOURCE OF SILICA), RICE PROTEIN HYDROLYSATE, GLAZING AGENTS (DEXTRANE, SOYA LECITHIN), BULKING AGENT (SODIUM CARBOXYMETHYLCELLULOSE), ACIDITY REGULATOR (SODIUM CITRATE).

ALLERGY ADVICE: CONTAINS CRUSTACEANS AND SOYA.

KEEP OUT OF REACH OF YOUNG CHILDREN. CONSULT YOUR DOCTOR IF YOU ARE PREGNANT, LACTATING, TAKING A PRESCRIPTION MEDICATION, OR HAVE A KNOWN MEDICAL CONDITION. FOOD SUPPLEMENTS SHOULD NOT BE USED AS A SUBSTITUTE FOR A VARIED DIET.

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