



## ViaZen Articulation Joint Spec Sheet

FOR HEALTH CARE PROFESSIONALS

### Presentation

60 capsules

### Anticipated results

- Helps to relieve musculoskeletal pain
- Participates in collagen synthesis
- Helps in cartilage, tendon and ligament formation and regeneration
- Helps countering the inflammatory reaction
- Helps to heal wounds (sprain, strain, tear, tendonitis, bursitis, sciatica, etc.)
- Improves mobility and joint flexibility
- Supports joint structures in the presence of special needs (obesity, repetitive movements, high level sportive activity)



### Secondary anticipated results

- Helps slowing the aging process of musculoskeletal system structures
- Nutritive tonic (vitamins, minerals, amino acids)
- Participates in healing process
- Participates in alkalisation
- Improves vital energy

### Who needs ViaZen Articulation-Joint

This product has been specially developed to support the maintenance and regeneration of musculoskeletal tissues (ligaments, cartilages, tendons, bones). It acts synergistically, first of all by helping to reduce pain and inflammation caused by degeneration, autoimmune attack or trauma. It ensures also an optimal supply of nutrients (vitamins, minerals, amino acids) necessary for the synthesis and the repair of the targeted structures. It will be recommended in the presence of one or more of the clinical manifestations listed below in the following table.

### Table 1: Clinical manifestations of musculoskeletal injuries

- Arthritis
- Back pain
- Bursitis
- Capsulitis
- Convalescence (post-surgical and post-traumatic)

- Dislocation
- Fracture
- Fibromyalgia
- Gout
- Lumbago

- Myalgia
- Osteoarthritis
- Rheumatism
- Sciatica
- Shin

- Sprain
- Strain
- Tear
- Tendonitis

### Medicinal ingredients of ViaZen Articulation-Joint

The ingredients' synergy of ViaZen Articulation-Joint is the key of the effectiveness of this SUPERIOR FORMULA.

#### Active ingredients

		Dosage (per capsule):	Daily Dosage (for 2 capsules):
<b>Hyaluronic Acid</b> ( <i>sodium hyaluronate</i> )		60 mg	120 mg
<b>Devil's Claw Root</b> ( <i>Harpagophytum procumbens</i> )	40:1 extract, equivalent to 3000 mg of dry plant per capsule	75 mg	150 mg
<b>Nettle Herb Top</b> ( <i>Ortica dioica</i> )	20:1 extract, equivalent to 2000 mg of dry plant per capsule	100 mg	200 mg
<b>L-Lysine</b>		75 mg	150 mg
<b>L-Proline</b>		75 mg	150 mg
<b>Vitamin C</b> (ascorbic acid)		30 mg	60 mg
<b>Copper</b> (bisglycinate)	equivalent to 2 mg of elemental copper per capsule	20 mg	40 mg

### Non-medicinal ingredients of ViaZen Articulation-Joint

<b>Common Bamboo</b> (leaves) ( <i>Bambusa vulgaris</i> )	Providing a minimum of 70% of silica and 13,2 mg of silicon per capsule	40 mg	80 mg
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**Other non-medicinal ingredients** : vegetal magnesium stearate, microcrystalline cellulose, gelatine.

**Note** : ViaZen Articulation-Joint is free of wheat, soya, yeast, peanut, gluten, egg and dairy products. It does not contain preservatives, sweeteners, colouring agents, artificial flavours and is exempt of GMO.

## Recommended use

Viazen Articulation-Joint will be taken on a daily basis to encourage musculoskeletal physiological structures' regeneration. The daily dosage is two capsules, taken with food. The benefits will begin to be felt after a few weeks of use, but the optimal benefits will appear after two to three months of use. Ingest Viazen Articulation-Joint at least two hours before or after taking other medication.

## Action mechanisms

"Aches and pains" associated to the musculoskeletal system are accompanied by pain, physical limitations (stiffness) and tiredness that can prevent people who have it from moving, walking or even sitting down. Viazen Articulation-Joint has a dual function. It aims at first to counter the pain and inflammation located in the musculoskeletal structures of the entire human body. It also allows the maintenance and regeneration of these tissues to ensure mobility without constraint.

**Hyaluronic acid** is a polysaccharide including a repetition of D-glucuronic acid and N-acetyl-D-glucosamine. It is widely used in connective tissue because it helps to protect the joints by increasing the viscosity of the synovial fluid and making the cartilage more elastic. As a high molecular weight polymer, hyaluronic acid is hardly absorbed in the intestinal wall. It is broken down into smaller polysaccharides by the bacterias in the intestinal microbiome and it is then absorbed. After that, the free migrate to the joint tissues and other physiological structures that use this substance. Recent studies have shown that the intestinal epithelium has receptors that are sensitive to hyaluronic acid. Their activation makes it possible to reduce the synthesis of pro-inflammatory cytokines; therefore, the inflammatory reactions are decreased. Several studies have shown that the use of a supplement that contained hyaluronic acid for a minimum of three months, has helped to reduce pain and stiffness in the presence of osteoarthritis.<sup>1</sup> In a study conducted specifically with obese people with knee osteoarthritis, researchers have observed a significant reduction in the majority of inflammatory cytokines following the intake of hyaluronic acid.<sup>2</sup>

The anti-inflammatory action of the **devil's claw** is recognized by the "Commission E" in the treatment of musculoskeletal disorders. Several active substances have been identified within this plant, but it is the harpagoside that constitutes the active principle, that is mainly responsible for the therapeutic activity of the devil's claw. It works by inhibiting the inflammatory metabolic pathways induced by cyclooxygenase and lipoxygenase.

**Nettle** is a plant that owns a thousand medicinal virtues. Preliminary clinical studies have shown that nettle extracts reduced the concentration of interleukin IL-6 and TNF-alpha, two mediators involved in the inflammatory response. In cell culture, we confirm its ability to inhibit the activation of NF-kappaB, an important transcription factor of the immune response. A pilot study, regrouping 40 people suffering from acute arthritis, demonstrated the effectiveness of nettle to reduce the blood concentration of C reactive protein (inflammation marker), as well as clinical manifestations, including pain and joint stiffness. These positive properties of the nettle have allowed to reduce the non-steroidal anti-inflammatory drugs by 75%.<sup>3</sup> Its high nutritional value also brings many therapeutic effects for the tissues of the body, which will be very helpful in a

musculoskeletal pathological context. Its antioxidant components such as carotenoids, vitamin C and bioflavonoids (quercetin, rutin, kamepferol) will protect against cellular oxidation. Magnesium and calcium will help to alkalize the fluids of the body. Potassium will help stimulate the excretion of metabolic residues (including uric acid) via the kidneys. Moreover, its tonic action favoured by the presence of vitamins B complex and iron, which will improve the level of energy and vitality, which is very favourable when there is pain.

**L-lysine** is necessary for the synthesis of collagen, the most abundant protein in the human body. It is composed of three chains; each other contains a thousand of amino acids. Lysine is a part of it. These proteins are organized into fibers, within the connective tissue and ensure their mechanical resistance. Collagen is greatly involved in wound healing. It promotes calcium absorption and it contributes to bones growth.

Like L-lysine, **L-proline** is involved in collagen synthesis, which gives it a fundamental role in maintaining the integrity of connective and healing tissues.

**Vitamin C** is also necessary for the synthesis of collagen and connective tissue. It helps to heal wounds. In osteoarthritis, it has been shown that vitamin C supplementation has significantly reduced pain compared to placebo. Optimal consumption of vitamin C is associated with a reduced risk of developing gout. For elderly people, a high intake of vitamin C in the diet is associated with an improvement of physical performance and muscle strength. In addition, its important antioxidant action generates a protective effect at the cellular level, which helps slowing down the aging process.

**Copper** is an important mineral for the musculoskeletal tissues health. It acts as an enzymatic cofactor for metalloenzymes that act as oxidases. These enzymes are involved in many metabolic reactions including the development and regeneration of connective tissue. Copper is also an important enzymatic cofactor in defensive reactions against free radicals and in energy metabolism.

**Silicon** is also an important mineral for the musculoskeletal system. It contributes to the architecture and elasticity of the connective tissue. Studies suggest that silicon stimulates the synthesis of collagen and other extracellular matrix molecules. In addition, by participating in tissue regeneration, it delays the aging process.

In summary, it is by providing essential nutrients for the synthesis of collagen and connective tissue that the maintenance and regeneration of musculoskeletal physiological structures is promoted. It is also through well-targeted phototherapeutic components that the inflammatory response resulting from a degenerative, autoimmune or physical trauma will be well controlled. This synergy of therapeutic actions suppresses pain and improves flexibility and joint mobility. All these beneficial effects are of great value for the quality of life.

## Cautions

- A special attention should be paid in the presence of a low protein diet.
- Ensure an optimal hydration while using Viazen Articulation-Joint.

## Contraindications

- Do not use if you are pregnant or breastfeeding.

## References

1. Oe M et al. Oral hyaluronan relieves knee pain : a review. Nutrition Journal . 2016 15 :11
2. Nelson FR et al. The effects of an oral preparation containing hyaluronic acid (Oralvisc®) on obese knee osteoarthritis patients determined by pain, function, bradykinin, leptin, inflammatory cytokines, and heavy water analyses. Rheumatol Int. 2015 Jan;35(1) :43-52.
3. Evidence for antirheumatic effectiveness of Herba Urticae dioicae in acute arthritis : A pilot study. Chrubasik S. et al. Phytomedicine. 1997. Jun;4(2) :105-8. Gagnon R. La Nutrithérapie. Collection Douce Alternative, Amyris. 2008. Monographies PSN Santé Canada  
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