

# ViaZen

## ViaZen Articulation Joint Spec Sheet

### FOR HEALTH PROFESSIONALS

#### Presentation

60 capsules

#### Anticipated results

- Helps to relieve musculoskeletal pain.
- Participates in collagen synthesis.
- Aid in the formation and regeneration of cartilage, tendons and ligaments.
- Helps to counter 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

- Nutritive tonic (vitamins, minerals, amino acids).
- Participates in healing process.
- Participates in alkalization.
- 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 by helping to reduce pain and inflammation caused by degeneration, autoimmune attack or trauma. Moreover, it ensures 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 Table 1.

#### Table 1: Clinical manifestations of musculoskeletal injuries

- |  |                |                  |              |
|--|----------------|------------------|--------------|
| • Arthritis  | • Dislocation  | • Myalgia        | • Sprain     |
| • Back pain  | • Fracture     | • Osteoarthritis | • Strain     |
| • Bursitis   | • Fibromyalgia | • Rheumatism     | • Tear       |
| • Capsulitis                                       | • Gout         | • Sciatica       | • Tendonitis |
| • Convalescence (post-surgical and post-traumatic) | • Lumbago      | • Shin           |              |

#### 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>Urtica 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> ( <i>ascorbic acid</i> )	30 mg	60 mg
<b>Copper</b> ( <i>bisglycinate</i> ) equivalent to 2 mg of elemental copper per capsule	20 mg	40 mg

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

**Silicon** (*Bambusa vulgaris*) 40 mg 80 mg

**Other non-medicinal ingredients:** vegetal magnesium stearate, microcrystalline cellulose, gelatin.

**Note:** ViaZen Articulation-Joint is free of wheat, soya, yeast, peanuts, gluten, egg and dairy products. It does not contain preservatives, sweeteners, colouring agents and 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 Joint at least two hours before or after taking other medications.

## Action mechanisms

"Aches and pains" associated with the locomotor system are accompanied by pain, physical limitations (stiffness) and fatigue that can prevent movement, walking, or even sitting. ViaZen Articulation-Joint has a dual function. It aims 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 linear polysaccharide, with the structure of glucuronic acid and N-acetylglucosamine repeating units linked via alternating  $\beta$ -1,4 and  $\beta$ -1,3 glycosidic bonds. Being a high molecular weight polymer, hyaluronic acid is difficult to absorb level of the intestinal mucosa. It is broken down into smaller polysaccharides sizes by bacteria from the gut microbiome to then be absorbed. The free polysaccharides then migrate to joint tissue and others 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, helped reduce pain and stiffness in the presence of osteoarthritis. In a study done specifically in obese people, osteoarthritis of the knee, researchers observed a significant reduction of the majority of inflammatory cytokines following taking 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 which 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 lipoxigenase.

**Nettle** is a plant with 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.

## Cautions

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

## 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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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 pathological musculoskeletal context. Its antioxidant components such as carotenoids, vitamin C and bioflavonoids (quercetin, rutin, kaempferol) 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 consists of three chains, each having a thousand amino acids and lysine is abundantly part of it. These proteins are organized into fibres, within the connective tissue and ensure their mechanical resistance. Collagen is greatly involved in wound healing. It promotes calcium absorption and it contributes to bone growth.

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

**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. Among seniors, a high vitamin C intake in food is associated with improved physical performance and muscle strength. In addition, its important antioxidant action generates a protective effect at the cellular level, which helps slow down the aging process.

**Copper** is an important mineral for the musculoskeletal tissue's 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 **phytotherapeutic** components that the inflammatory response resulting from a degenerative, autoimmune or physical trauma can be well controlled. This synergy of therapeutic actions suppresses pain and improves flexibility and joint mobility. All these beneficial effects are of great value to improve the quality of life.

## Contraindications

Do not use if you are pregnant or breastfeeding.