

Bone and Joint Nourishment

Active people as well as the elderly often need joint support. The Bone/Joint Health Regimen includes nutraMetrix Isotonix® Calcium Complete, our glucosamine-based nutraMetrix Glucosatin® and nutraMetrix Isotonix® Vitamin D3 with K2 to achieve the best bone and joint nourishment. Our nutraMetrix Prime Joint Support Formula by Isotonix is an essential part of this targeted health regimen and is the only product on the market delivering a combination of glucosamine, Pycnogenol® and hyaluronic acid in isotonic form.*

Products

1. nutraMetrix Glucosatin® with Vitamin D3
2. nutraMetrix Isotonix® Calcium Complete
3. nutraMetrix Isotonix® Vitamin D with K2
4. nutraMetrix® Prime™ Joint Support Formula by Isotonix®



†Every Targeted Health Regimen builds upon the Foundations of Optimal Health Regimen.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

nutraMetrix Glucosatin[®] with Vitamin D3

Bone/Joint Health Regimen | nutraMetrix[®] Custom Health Solutions



nutraMetrix[®]
Custom Health Solutions

- ◀ Promotes the normal regeneration of healthy cartilage[†]
- ◀ Helps maintain strong bones[†]
- ◀ Helps maintain joint comfort[†]

Dietary Supplement
90 Tablets

Directions for use: As a dietary supplement, take 3 tablets daily, 1 tablet immediately following each meal for best results, or as directed by your healthcare provider. Drink plenty of water when taking this product.

WARNING: If you are currently using Coumadin[®], antibiotics, risedronate (bone-resorption inhibitor), methyltestosterone, or any other prescription drugs, if you have an ongoing medical condition, or if you are pregnant or breastfeeding, consult your healthcare provider before using this product. If you have an allergy to shellfish, do not use this product.

KEEP OUT OF THE REACH OF CHILDREN. Store in a cool, dry place. Do not use if safety seal is broken or missing.

[†]These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Manufactured for and distributed by:
nutraMetrix[®], A Division of Market America, Inc.
1302 Pleasant Ridge Road, Greensboro, NC 27409

REV 0511

Lot #: _____ Best when used by: _____

Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 90

	Amount Per Serving	% DV*
Vitamin C (Ascorbic Acid)	33.3 mg	56
Vitamin D (Cholecalciferol)	133.3 IU	33
Calcium (Phosphate)	38 mg	4
Zinc (Sulfate)	3.3 mg	22
Manganese (Sulfate)	1.7 mg	85
Glucosamine HCl	500 mg	**
Hops Strobile Extract (<i>Humulus lupulus</i>)	117 mg	**
Boswellia Gum Resin Extract (<i>Boswellia serrata</i>)	67 mg	**
Olive Leaf Extract (<i>Olea europaea</i> 80% Oleanolic Acid)	50 mg	**
Chinese Skullcap Root 2:1 Extract (<i>Scutellaria baicalensis</i>)	25 mg	**

* Percent Daily Values are based on a 2,000-calorie diet.

** Daily Value (DV) is not established.

Other ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, silicon dioxide, magnesium stearate, copper gluconate and pharmaceutical glaze.

Contains: Shellfish (crab, shrimp, lobster and prawn).

What makes this product unique?

Joints allow movement and support the structure of the musculoskeletal system by connecting bones and ligaments. While the body sustains healthy joint maintenance by continually rebuilding and regenerating cartilage, a person's lifestyle and increasing age can cause wear and tear on joints. Without proper care, diet and exercise, joint health, and consequently bone health, are both greatly compromised.

nutraMetrix Glucosatin with Vitamin D3 is a glucosamine-based formula that promotes overall joint and bone health. Glucosamine is an amino monosaccharide that is concentrated in joint cartilage and bonded to form amino polysaccharides.

Glucosamine supports healthy joint function and promotes the normal production of synovial fluid, which lubricates your joints and is a component of cartilage for re-building. nutraMetrix Glucosatin with Vitamin D3 combines glucosamine with other natural, joint-healthy ingredients to achieve a formula that promotes joint flexibility, supports normal cartilage rebuilding and retention and helps maintain normal joint movement during the aging process.*

nutraMetrix Glucosatin with Vitamin D3 promotes joint comfort and helps maintain proper function in healthy joints.*

Frequently asked questions

What is the source of the glucosamine in this product?

The glucosamine in nutraMetrix Glucosatin with Vitamin D3 comes from shrimp and crab shells that are extensively purified. If you have an allergy to shellfish, do not take this product.

Some bone and joint formulas also contain chondroitin. Why doesn't this product include chondroitin?

Chondroitin acts in a similar way to glucosamine. However, many research studies have shown inconclusive results regarding the effectiveness of chondroitin. Glucosamine is the preferred safe and effective nutrient with no known side effects. The benefit of chondroitin in a joint supplement is the production of hyaluronic acid. Hyaluronic acid is found in the nutraMetrix Isotonix Prime Joint Support Formula alongside Pycnogenol.

If I am healthy and active, do I need nutraMetrix Glucosatin?

Yes, nutraMetrix Glucosatin with Vitamin D3 can be taken for its ability to help maintain proper joint function in both active and maturing adults.

How do I take nutraMetrix Glucosatin with Vitamin D3?

As a dietary supplement, take 3 tablets daily, 1 tablet immediately following each meal for best results, or as directed by your healthcare provider. Drink plenty of water when taking this product.

For additional information on nutraMetrix products, visit your Health Professional's nutraMetrix website.

nutraMetrix Isotonix® Calcium Complete

Bone/Joint Health Regimen | nutraMetrix® Custom Health Solutions



nutraMetrix®
Custom Health Solutions

- ◀ Essential for maintaining strong bones and healthy teeth†
- ◀ Supports skeletal health†
- ◀ Adequate calcium and vitamin D as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life†
- ◀ Plays a critical role in the normal contraction of skeletal and heart muscles†
- ◀ Supports normal muscle use and performance†
- ◀ Supports healthy body weight†

An Isotonic-Capable
Dietary Supplement
Net Weight: 10.5 oz. (300 g)

Directions for use: Pour 1 level, white bottle capful of powder into the overcap. Add water to the line on the overcap (2 fl. oz./60 mL) and stir. As a dietary supplement for adults, this product is best taken twice daily, 1 capful in the morning and 1 capful in the evening, or as directed by your healthcare provider. Children ages 9 and older may take 1 capful daily, or as directed by their healthcare provider. Maximum absorption occurs when taken on an empty stomach. This product is isotonic only if the specified amounts of powder and water are used.

WARNING: If you are currently using prescription drugs, have an ongoing medical condition, or if you are pregnant or breastfeeding, consult your healthcare provider before using this product.

This vegetarian product contains no added wheat, soy, yeast, gluten, artificial flavor, starch, preservatives or milk.

KEEP OUT OF THE REACH OF CHILDREN. Store in a cool, dry place. Do not use if safety seal is broken or missing.

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Manufactured for and distributed by: nutraMetrix®
A Division of Market America, Inc.
1302 Pleasant Ridge Road, Greensboro, NC 27409 REV 0511

Lot #: _____ Best when used by: _____

Supplement Facts

Serving Size: 1 Capful (3.3 g)

Servings Per Container: 90

	Amount Per 1 Capful	% Daily Value*	Amount Per 2 Capfuls	% Daily Value*
Calories	0		5	
Total Carbohydrates	< 1 g	< 1	1 g	< 1
Sugars	< 1 g	**	1 g	**
Beta-Carotene (Vitamin A Precursor)	4.8 IU	< 1	9.5 IU	< 1
Vitamin C (Ascorbic Acid)	29 mg	48	58 mg	97
Vitamin D3 (Cholecalciferol)	500 IU	125	1,000 IU	250
Riboflavin (5-Phosphate)	2 mg	118	4 mg	235
Calcium (Carbonate, Lactate, Phosphate, Sulfate, Citrate)	375 mg	38	750 mg	75
Magnesium (Oxide, Carbonate)	100 mg	25	200 mg	50
Manganese (Sulfate)	0.5 mg	25	1 mg	50
Sodium (Bicarbonate)	5 mg	< 1	10 mg	< 1
Potassium (Bicarbonate, Citrate)	110 mg	3	220 mg	6
Boron (Sodium Borate)	0.5 mg	**	1 mg	**

* Percent Daily Values are based on a 2,000-calorie diet.

** Daily Value is not established.

Other ingredients: Citric acid, orange juice powder, orange flavor, malic acid, fructose, rebaudioside A (stevia leaf), glucose, passion fruit flavor, mango flavor, Lo Han (fruit) extract, silicon dioxide and natural vanilla flavor.

What makes this product unique?

Calcium is essential for building and maintaining strong bones. nutraMetrix Isotonix Calcium Complete provides the body with an optimal blend of calcium, vitamin D3, magnesium, vitamin C and boron in an efficient isotonic solution that is rapidly delivered to the body. nutraMetrix Isotonix dietary supplements are a replica of the body's own fluids such as tears, sweat and plasma. The body's common osmotic pressure allows a consistent maintenance of body tissues. nutraMetrix Isotonix Calcium Complete is readily available to support the body's metabolism due to its isotonic state.*

With isotonic fluids, little nutritive value is lost, making the delivery of nutrients highly efficient. There is nothing artificial about it. An isotonic fluid is nature's own nutrient delivery system.*

Many calcium supplements exist in the marketplace, but only nutraMetrix Isotonix Calcium Complete delivers a powerful package of calcium and complementary nutrients through an

isotonic system of delivery. When the calcium supplement is not blended with vitamin D and magnesium it may be difficult for your body to absorb. These vitamin and minerals are necessary to aid in the absorption and use of calcium.* Even if the calcium tablet is blended correctly, it may be difficult for the body to utilize or break down the calcium due to fillers and binders.* Ordinary calcium tablets require stomach acid to dissolve their compounds, but nutraMetrix Isotonix Calcium Complete has no need of stomach acid to be utilized.

nutraMetrix Isotonix Calcium Complete paves the way for powerful results since it is in an isotonic form rather than a tablet. It delivers an efficient calcium solution that is more readily absorbed by the intestine. Its natural lemon-lime flavor is preferable to the chalky taste of typical chewable calcium wafers or tablets.*

Frequently asked questions

Why should I take calcium?

Many people don't get enough calcium in their daily diet through the foods they eat. In addition to being helpful in supporting and maintaining bone integrity, calcium serves a dynamic role as a mineral. According to the Surgeon General, taking a calcium supplement regularly is important for preventing and treating calcium deficiency.*

What is the role of calcium?

Calcium is the major mineral for bones and teeth. In addition to structural support, bones are the major storage source for calcium and magnesium. Critical levels of calcium and magnesium are continuously maintained in your blood in order to promote normal blood clotting, skeletal and muscle contraction and osmotic balance.*

How do I take nutraMetrix Isotonix Calcium Complete?

Pour 1 level, white bottle capful of powder into the overcap. Add water to the line on the overcap (2 fl. oz./60 mL) and stir. As a dietary supplement for adults, this product is best taken twice daily, one capful in the morning and one capful in the evening, or as directed by your healthcare provider. Maximum absorption occurs when taken on an empty stomach. This product is isotonic only if specified amounts of powder and water are used.

For additional information on nutraMetrix[®] products, visit your Health Professional's nutraMetrix website.

nutraMetrix® Prime™ Joint Support Formula

by Isonix®

Bone/Joint Health Regimen | nutraMetrix® Custom Health Solutions



nutraMetrix®
Custom Health Solutions

- ◀ Supports healthy joint function and promotes the normal production of synovial fluid†
- ◀ Helps maintain joint comfort associated with daily activities and the normal aging process†
- ◀ Supports normal, healthy levels of COX-2 and 5-LOX+
- ◀ Helps maintain healthy joint fluidity and flexibility†
- ◀ Promotes normal cartilage synthesis and repair †

An Isotonic-Capable
Dietary Supplement
Net Weight: 10.5 oz. (300 g)

Directions for use: Pour 2 level, white bottle capfuls of powder into a cup. Add 4 fl. oz./120 mL (line on the overcap indicates 2 fl. oz./60 mL) of water and stir. As a dietary supplement, take once daily or as directed by your healthcare provider. Maximum absorption occurs when taken on an empty stomach. This product is isotonic only if the specified amounts of powder and water are used.

WARNING: If you are currently using warfarin (Coumadin®), other antiplatelet/anticoagulant drugs, antihypertensive drugs, or have an ongoing medical condition, you should consult your healthcare provider before using this product. If you have an allergy to shellfish, do not use this product. Women who are pregnant or breastfeeding should not use this product.

This vegetarian product contains no added wheat, soy, yeast, gluten, artificial flavor, starch, salt, preservatives or milk.

KEEP OUT OF THE REACH OF CHILDREN. Store in a cool, dry place. Do not use if safety seal is broken or missing.

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Manufactured for and distributed by: nutraMetrix®
A Division of Market America, Inc.
1302 Pleasant Ridge Road, Greensboro, NC 27409 REV 1211

Lot #: _____ Best when used by: _____

Supplement Facts

Serving Size: 2 Capfuls (6.6 g)
Servings Per Container: 45

	Amount Per Serving	% Daily Value*
Calories	10	
Total Carbohydrates	3 g	1
Sugars	2 g	**
Beta-Carotene (Vitamin A Precursor)	500 IU	10
Sodium (Bicarbonate)	25 mg	1
Potassium (Bicarbonate)	150 mg	4
Glucosamine (HCl)	1,000 mg	**
Pine Bark Extract (Pycnogenol®****)	25 mg	**
Hyaluronic Acid (Sodium Hyaluronate)	25 mg	**

* Percent Daily Values are based on a 2,000-calorie diet.

** Daily Value is not established.

**** Pycnogenol® is the registered trademark of Horphag Research, Ltd., and is protected by U.S. patent numbers 4,698,360; 5,720,956 and 6,372,266.

Other ingredients: Fructose, orange juice powder, citric acid, maltodextrin, malic acid, orange flavor, mango flavor, silicon dioxide, rebudioside A (stevia leaf) and Lo Han (fruit) extract.

Contains: Shellfish (crab, shrimp, lobster and prawns).

What makes this product unique?

Aging brings about many physical changes. Of the physical changes that often take place, joint stiffness is very common. Joints are important for different reasons. Joints enable proper bone function, allow movement, and support the structure of the musculoskeletal system by connecting bones and ligaments. While the body sustains healthy joint maintenance by continually rebuilding and regenerating cartilage, a person's lifestyle and increasing age can cause wear and tear on joints. Without proper care, diet and exercise, joint health and consequently bone health, are both greatly compromised.

nutraMetrix Prime Joint Support Formula by Isotonix promotes overall joint health and comfort with the support of glucosamine and hyaluronic acid. Glucosamine is an amino monosaccharide that is concentrated in joint cartilage and bonds to form amino polysaccharides. Glucosamine supports healthy joint function and promotes the normal production of synovial fluid, which lubricates joints. Glucosamine is a component of cartilage; supplementation aids in the rebuilding

of cartilage. Hyaluronic acid plays an important role in tissue hydration, lubrication and cellular function and helps maintain joint flexibility. Although it is produced naturally by the body, the level of hyaluronic acid diminishes with age, contributing to joint discomfort.*

nutraMetrix Prime Joint Support Formula by Isotonix supports relief from temporary inflammation associated with the normal aging process with the addition of Pycnogenol[®]. Enhanced with the combination of glucosamine, hyaluronic acid, and Pycnogenol[®] nutraMetrix Prime Joint Support promotes healthy joints.*

Isotonic, which means "same pressure," bears the same chemical resemblance to the body's blood, plasma and tears. The body's common osmotic pressure allows a consistent maintenance of body tissues. nutraMetrix Prime Joint Support Formula by Isotonix is readily available to support the body's healing and restoration due to its isotonic state.

Frequently asked questions

What is the source of the glucosamine in this product?

The glucosamine in nutraMetrix Glucosamin with Vitamin D3 comes from shrimp and crab shells that are extensively purified. *If you have an allergy to shellfish, do not take this product.*

Some bone and joint formulas also contain chondroitin. Why doesn't this product include chondroitin?

The benefit of chondroitin in a joint supplement is the production of hyaluronic acid. Hyaluronic acid is found in the nutraMetrix Isotonix Prime Joint Support Formula alongside Pycnogenol. Many research studies have shown inconclusive results regarding the effectiveness of chondroitin. Glucosamine is the preferred safe and effective nutrient with no known side effects.

What other products should I take with nutraMetrix Prime Joint Support Formula by Isotonix to support my joint health?

nutraMetrix Heart Health[™] Essential Omega III Fish Oil with Vitamin E and nutraMetrix Curcumin Extreme are great paired with this product.

How often should I take this product?

This product is most effective when taken daily.

How much Pycnogenol[®] is in this product?

There are 25 milligrams of Pycnogenol[®] in each daily serving.

How do I take nutraMetrix Prime Joint Support Formula by Isotonix?

Pour 2 level, white bottle capfuls of powder into a cup. Add 4 fl. oz./120 mL (line on the overcap indicates 2 fl. oz./60 mL) of water and stir. As a dietary supplement, take once daily or as directed by your healthcare provider. Maximum absorption occurs when taken on an empty stomach. This product is isotonic only if the specified amounts of powder and water are used.

For additional information on nutraMetrix products, visit your Health Professional's nutraMetrix website.

nutraMetrix Isotonix® Vitamin D with K2

Bone/Joint Health Regimen | nutraMetrix® Custom Health Solutions



nutraMetrix®
Custom Health Solutions

- ◀ Promotes normal bone mineral density[†]
- ◀ Helps maintain bone mass by supporting normal osteoclast activity[†]
- ◀ Individuals with low bone density have been found to be deficient in vitamin[†]
- ◀ Supports immune health[†]
- ◀ Helps maintain bone health[†]

An Isotonic-Capable
Dietary Supplement
Net Weight: 3.5 oz. (100 g)

Directions for use: Pour 1 level, white bottle capful of powder into the overcap. Add water to the line on the overcap (2 fl. oz./60 ml) and stir. As a dietary supplement, take once daily or as directed by your healthcare provider. Maximum absorption occurs when taken with a meal. This product is isotonic only if the specified amounts of powder and water are used.

WARNING: If you are currently using warfarin (Coumadin) or other blood-thinning/antiplatelet/anticoagulant drugs, consult your healthcare provider before using this product. If you are using digoxin, verapamil, diltiazem, calcipotriene or thiazide diuretics, do not use this product. Certain medical conditions, such as primary hyperparathyroidism, sarcoidosis, tuberculosis and lymphoma, can increase the risk of hypercalcemia in response to vitamin D. If you have any of these specific conditions, do not use this product. If you are using any other prescription drugs or have an ongoing medical condition, or are pregnant or breastfeeding, consult your healthcare provider before using this product.

This product contains no added wheat, soy, yeast, gluten, artificial flavor, starch, preservatives or milk.

KEEP OUT OF THE REACH OF CHILDREN. Store in a cool, dry place and protect from light. Do not use if safety seal is broken or missing.

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Manufactured for and distributed by:
nutraMetrix®, a division of Market America, Inc.
1302 Pleasant Ridge Road, Greensboro, NC 27409, USA

REV 0714

Lot #: _____ Best when used by: _____

Supplement Facts

Serving Size: 1 Capful (3.3 g)

Servings Per Container: 30

	Amount Per Serving	% DV*
Calories	5	
Total Carbohydrates	2 g	<1
Sugars	1 g	**
Vitamin D3 (Cholecalciferol)	5,000 IU	1,250
Vitamin K2 (Menaquinone-7, 45 mg)	45 mcg	56
Sodium (Bicarbonate)	25 mg	1
Potassium (Bicarbonate)	150 mg	4

* Percent Daily Values are based on a 2,000-calorie diet.

** Daily Value (DV) is not established.

Other ingredients: Fructose, citric acid, maltodextrin, natural raspberry flavor, malic acid, silicon dioxide, beet root powder, rebaudioside A (stevia leaf), natural cherry flavor and Lo Han (fruit) extract.

What makes this product unique?

The bones service the body in a number of ways: They provide structure, shield organs, provide a great environment for blood cells, and store calcium. Injuries to bones are not only painful, but can also lead to vulnerability in other internal parts. Optimal bone health is achieved by maintaining adequate levels of bone mineral density and mass.*

nutraMetrix Isotonix Vitamin D with K2 is a highly effective combination of vitamins that work together to help maintain bone health. Vitamin D is a fat-soluble vitamin that is produced in the skin with exposure to the sun, and found in some foods. It has many important health benefits, including its large role in bone health. Vitamin D3 supports the maintenance of bone mass by supporting normal osteoclast activity. The American Association of Clinical Endocrinology and the Vitamin D Counsel

regard Vitamin D3 supplementation as necessary to support healthy bone mineral density and reduce the risk of falls in advancing years. "The evidence, both from formal studies and clinical observations, supports the role of vitamin D in promoting good bone health." The best health outcomes were seen in people with serum 25(OH)D levels of 36-40 ng/ml (90-100 nmol/L)(1). *

Vitamin K2 is a fat-soluble vitamin that is found in meat, eggs, dairy and natto. Vitamin K supports normal bone growth and development, as well as the normal delivery of calcium to the bones. Together, vitamin D3 and the K2 form of vitamin K work efficiently to promote bone mineral density, support calcium absorption and utilization, and generally promote strong, healthy bones.

Frequently asked questions

Why is vitamin K included in this product?

Vitamin K is included in this product because of its unique partnership with vitamin D. Vitamins K and D work together to promote bone health. Vitamin K, like vitamin D3, also helps maintain arterial health.*

Is this product safe for people on anticoagulant medications?

Some studies have concluded that vitamin K2 does not interfere with anticoagulant medications. However, most products containing vitamin K (including K1 and/or K2) warn users taking anticoagulants not to take the product. Studies show a strong relationship between long-term anticoagulant treatment and reduction in bone mineral density. Presumably this is due to insufficient osteocalcin production. Anticoagulants may lead to increased risk of fracture and reduction in bone mineral density. If you are currently taking warfarin or another anticoagulant medication, you should consult your healthcare provider about the benefits or contraindication for taking any product contains vitamin K1 or K2.

Is it safe to take more than one serving of this product daily?

One serving daily of nutraMetrix Isotonix Vitamin D with K2 is recommended. Check with your healthcare provider before taking additional daily servings of this product.

Is there a toxicity level for vitamin D?

The recommended daily upper limit for vitamin D is 10,000 IU; however, safety studies indicate that up to 40,000 IU may be safe for most people. If you wish to take more than one daily serving of this product, you should check with your healthcare provider.

What are dietary sources of vitamin D?

Foods rich in vitamin D include cod liver oil, salmon, mackerel and tuna. It would be necessary to consume large amounts of food products to equal the amount of Vitamin D3 and K2 found in nutraMetrix Isotonix Vitamin D3 with K2.

How do I take nutraMetrix Isotonix Vitamin D with K2?

Pour 1 level, white bottle capful of powder into the clear overcap. Add water to the line on the overcap (2 fl. oz./60 mL) and stir. Maximum absorption occurs when taken with a meal. This product is isotonic only if the specified amounts of powder and water are used.

For additional information on nutraMetrix products, visit your Health Professional's nutraMetrix website.