



Nutramax Laboratories, Inc. is the leading research, development and manufacturer of high quality wellness products for active people. Cosamin®DS, our flagship product, started the revolution in glucosamine/chondroitin sulfate joint health products.

Recently, we've added:

**Omega Mint** – A specially formulated heart health fish oil supplement, with natural peppermint flavor, containing important omega-3 fatty acids, EPA and DHA.

**Cosamin ASU** – Triple action joint health support, with added protection, containing avocado/soybean unsaponifiables (ASU), glucosamine hydrochloride, chondroitin sulfate and decaffeinated green tea.

**Cosamin MSM** – A once-a-day and on-the-go joint health formula. Each artificially flavored orange packet delivers glucosamine hydrochloride, chondroitin sulfate and MSM.

From the makers of  
Cosamin®DS



▲ Source: SLACK Incorporated Market Research Survey June 2005 and February 2006. Surveys conducted of orthopedic surgeons and rheumatologists relating to glucosamine/chondroitin sulfate brands.

† OptiMSM® is a registered trademark of Cardinal Nutrition.

\*Cosamin® MSM contains FCHG49® Glucosamine Hydrochloride and TRH122® Chondroitin Sulfate, Nutramax Laboratories® exclusive proprietary researched specifications.

U.S. Patent No. 6,797,289



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



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**NEW!**



# Cosamin®MSM

JOINT HEALTH SUPPLEMENT

**ON THE GO!**

ONCE-A-DAY  
DIETARY  
SUPPLEMENT



**POWER  
PACKS**

- Convenient Single Servings
- Great Tasting Orange Flavor (artificial)

## WHAT IS Cosamin®MSM?

Brought to you by the makers of Cosamin®DS, the #1 Orthopedic Surgeon and Rheumatologist Recommended Joint Health Supplement Brand<sup>▲</sup>, Cosamin MSM contains 1500 mg glucosamine hydrochloride, 800 mg chondroitin sulfate and 1500 mg OptiMSM® in a convenient, natural and artificial orange-flavored, single serving Power Pack Dietary Supplement. Cosamin MSM contains three times the level of MSM (1500 mg per Power Pack) compared to other joint health tablets and capsules.

## HOW IS Cosamin MSM ADMINISTERED AS A DIETARY SUPPLEMENT?

For full flavor, mix 1 packet daily with an 8 fl. oz. glass or bottle of water. For milder flavor, the packet can be mixed in 16.9 fl. oz. of water. Stir or shake until completely dissolved.

## WHAT IS JOINT CARTILAGE?

Most of the bones in our bodies are held together with ligaments and covered by tendons and muscles. Cartilage is the slippery, cushion-like tissue that lines the ends of bones where the bones meet to form a joint, such as the knee or the hip. It is produced and maintained by its own specialized cells. When you do even the simplest of everyday activities, there is tremendous pressure on your joints. The protective layers of cartilage between the bones allow the bones to move freely against each other, without pain. Cartilage, joint fluid and connective tissue work together like a shock absorber, allowing flexible joint function.

## WHY DOES CARTILAGE BREAK DOWN?

There are many factors that lead to cartilage breakdown:

- ✓ *Age*
- ✓ *Excess weight*
- ✓ *Inactivity or over activity*
- ✓ *Injury*
- ✓ *Genetics*

Cartilage lacks a direct blood supply. It relies on nutrients found in the joint fluid to nourish cartilage cells and maintain its structure. When this process is affected by one or more of the factors mentioned above, cartilage can break down to the point where it can no longer work efficiently.

## WHAT ROLE DO THE GLUCOSAMINE HYDROCHLORIDE AND LOW MOLECULAR WEIGHT CHONDROITIN SULFATE IN COSAMIN MSM PLAY?

The combination of the trademarked FCHG49®\* glucosamine hydrochloride and TRH122®\* chondroitin sulfate supports cartilage production and blocks enzymes in the joints that break down cartilage. These ingredients together have been shown to protect joint cartilage better than either ingredient alone. A greater than additive effect, known as a “synergistic” effect, was seen on cartilage cells using glucosamine and chondroitin sulfate together. In addition, this combination has been shown in clinical studies to reduce joint pain.

## IS 800 MG OF CHONDROITIN SULFATE ENOUGH TO BE EFFECTIVE?

Studies using the exclusive chondroitin sulfate found in Cosamin®MSM have shown that it is effective at 800 mg.

## WHAT IS OPTIMSM® AND WHY IS IT INCLUDED IN THE FORMULA?

OptiMSM® is the pure and patented form of MSM (methylsulfonylmethane), which provides sulfur that is used for the structural integrity of joint cartilage.

## WHAT SHOULD I LOOK FOR WHEN TAKING Cosamin MSM?

Cosamin MSM is a supplement providing key components to maintain joint health; therefore, it works gradually. Most people will observe gradual changes in their comfort level. Give yourself time to respond. Look for subtle changes initially, such as an easier time going up and down stairs and more comfort in daily activities, such as walking or jogging. With daily use, you should start to notice results in 4-8 weeks.

## ARE THERE ANY SAFETY CONCERNS?

There are no known contraindications or known interactions between the ingredients Cosamin MSM and any drug or nutritional supplement. If you have any condition or allergy that requires medical attention, you should always consult your physician before taking any drug or dietary supplement.