



Glucosamine is an Excellent Joint Preventive Supplement

By James Johnson

3x USA National Champion

All of us have felt aching joint pains the morning after a tough training session or competition. For some, these pains can be an early sign of arthritis that has developed from preexisting training or competition injuries, a condition generally referred to as “secondary” osteoarthritis. Unlike cases of “primary” osteoarthritis, secondary cases involve deteriorating cartilage caused by injury and should always be evaluated by medical specialists. The good news, though, is that competitive athletes can protect their joints and cartilage while also alleviating secondary arthritis pains they may already be experiencing.

Glucosamine is vital to joint and cartilage health, and all individuals produce it within their bodies. When we grow older, however, our bodies produce increasingly

less amounts glucosamine, an “essential” element because we need it to stimulate the production of Synovial fluid, vital for lubricating cartilage and keeping joints healthy. Without enough glucosamine, the body fails to produce enough synovial fluid to lubricate cartilage in weight-bearing joints such as the hips, knees, and feet, as well as the gripping joints in our hands. Thus our joints deteriorate, bringing on primary osteoarthritis. In a related way, secondary arthritis results when injuries affect the processing of glucosamine and synovial fluid at particular joints.

For athletes and individuals suffering from or wanting to protect against primary and/or secondary arthritis, I highly recommend taking supplements in the form of glucosamine sulfate. Glucosamine is vital for maintaining healthy cartilage and for

rehabilitating cartilage that has deteriorated or been damaged by injury. Recent scientific studies have shown that glucosamine sulfate helps in rebuilding injured cartilage, assisting in preventing secondary osteoarthritis, and ending joint pain—all without side effects.

When shopping for glucosamine products, take several factors into consideration. I advise my clients to consider the amount of the daily dosage along with the quality, delivery system, and synergistic ingredients available in the product, all of which work together in providing pain relief and contributing to overall joint health. GS1500, a nutrition supplement made by Nutrition For Life, is safe and effective. In my opinion, it offers the best combination of factors for alleviating joint pain and achieving better performances.

For athletes involved in competitive sports, injuries are a way of life. Yet injuries need not mean a lifetime of debilitating arthritis pain. Modern nutritionists have learned how to supplement our daily nutritional program in order to effectively prevent or treat arthritis, and GS1500 offers the optimal blend of ingredients to make glucosamine sulfate the safest and most effective treatment and preventative supplement you can find on the market. It doesn't matter if we engage in professional athletics, or compete at the high school, university, or Olympic level, for all of us are at risk for secondary arthritis throughout our athletic lives. So visit our website at www.nutritionforlife.com/223163 or contact James at 1-888-877-2332 and learn about supplements that are safe and effective, products that always comply fully with National Collegiate Athletic Association and US Anti-Doping Agency guidelines. 🏆

Give Your Joints a Tune-Up! with GS-1500

Glucosamine is a naturally occurring aminomonosaccharide essential for the repair and normal growth of connective tissues, joints and cartilage.*

Contains 500 mg. of Glucosamine Sulfate.



Used by World-Class Wrestler
James “JJ” Johnson

- 3 Time USA National Champion
- 4 Time World Cup Medalist
- 2001 Veterans World Bronze Medalist



Contact JJ For More Information:

Independent Distributor

www.jjchamp3x.com

888-877-2322



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*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.