

Arthrochron® is a chronobiological composition of micronutrients to supplement all the vital substances that are nutritionally deficient or that are increasingly needed due to certain lifestyles to support normal collagen formation for normal cartilage function.

### Basics:

Concerns about joint and cartilage health tend to increase with age and are usually also accelerated by factors such as obesity and lack of exercise.

The following nutrients can support the normal function of the joints in the best possible way:

**Glucosamine:** Found in the exoskeletons of shellfish, fish and in animal cartilage. It is a component of connective tissue, cartilage and synovial fluid. Glucosamine occurs in different forms. The sulphate form (stabilised with a mineral salt) is the most common. Potassium chloride is also suitable for stabilisation, and since the modern diet is usually deficient in potassium, it is suitable for supplementing certain foods.

**Chondroitin:** This substance is found mainly in foods such as oysters, mussels and meat. Chondroitin is a component of glycans, which are also crucial for the formation of cartilage. Its basic structure contains an aminosaccharide, also called galactosamine. It gives articular cartilage its structure and is responsible for its water-binding capacity and for nutrient permeability. The latter is particularly important because cartilage contains no blood vessels and is only nourished by diffusion. Similar to glucosamine, the stabilised form of chondroitin is also a sulphate.

**Hyaluronic acid:** Foods such as meat, bone broth but also potatoes contain a lot of hyaluronic acid. Hyaluronic acid is the main component of the synovial fluid between the joints. However, considerable amounts of hyaluronic acid are also found in joint cartilage. Hyaluronic acid belongs to the group of glucosaminoglycans and consists of very long molecular chains that normally cannot be absorbed well by the body. Among other things, it supports the gliding ability of the joint surfaces. If the hyaluronic acid is treated for a certain time, e.g. with heat, the hydrolysed form is produced, which has a significantly better bioavailability.

**MSM:** MSM (methyl sulfonyl methane), also known as organic sulphur, is one of the main sources of sulphur in our diet. It is found in almost all foods (milk, fruit, vegetables, cereals, meat, fish, etc.), but is often destroyed by excessive heating. Sulphur is also found in cartilage. Here it promotes important regeneration processes, including bone metabolism.

Other nutrients that are important for balanced joint metabolism include vitamin C, zinc, manganese, OPC as well as calcium and resveratrol.

If the absorption of these nutrients through the diet is not sufficient or there is an increased need, these nutrients can be supplemented with special dietary supplements. Some of these nutrients are better absorbed in the morning and activate the body, while others are better absorbed in the evening and support regeneration. Chronobiologically oriented products take this into account accordingly.

### Ingredients:

AM capsule (morning)	daily dose
Glucosamine sulfate	365 mg
Chondroitin sulfate	210 mg
MSM	100 mg
Calcium (Ca)	15 mg
Resveratrol	0,2 mg
Hyaluronic acid	45 mg
Vitamin C	60 mg
Coral Calcium®	25 mg

### Other ingredients:

Magnesium Stearat.

PM capsule (evening)	daily dose
Glucosamine sulfate	315 mg
Chondroitin sulfate	170 mg
MSM	200 mg
Zinc (Zn)	7 mg
OPC	50 mg
Manganese (Mn)	1,6 mg
Hyaluronic acid	45 mg
Coral Calcium®	25 mg

### Other ingredients:

Magnesium Stearat.

### Recommended consumption:

In normal cases take 1 capsule AM (yellow) in the morning and 1 capsule PM (blue) in the evening with plenty of fluid.

In case of extreme joint problems the daily dose may be increased to 2 capsules in the morning and 2 capsules in the evening.

The product is gluten-free, lactose-free, not genetically modified. Capsule shell vegetarian.

The product contains traces of crustaceans.

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**Notes:**

Food supplements are not intended as a substitute for a balanced and varied diet and a healthy lifestyle. Do not exceed the recommended daily intake. Keep out of the reach of children. Store protected from light and dry at room temperature.

The published information is not a cure and is not intended as a request or suggestion for selfmedication.

Although some of the above statements on individual micronutrients are derived from scientific studies, they have been categorised as “not yet sufficiently proven” by official authorities such as the European Food Safety Authority (EFSA), meaning that no positive effect can be confirmed.

The product described herein has not been conclusively evaluated by the Food and Drug Administration (FDA; USA) or the European Food Safety Authority (EFSA; Europe). This product is not intended to diagnose, treat, cure or prevent any disease.

Errors and typographical errors excepted. VBX-1-24

Manufacturer



**VitaBasix®**

by LHP Inc.

[www.vitabasix.com](http://www.vitabasix.com) | [info@vitabasix.com](mailto:info@vitabasix.com)