



JOINT HEALTH TESTIMONIES

I have osteoarthritis and take the **Joint Health Complex** and alfalfa. I recently added **Essential Omega 3 Complex** and that really helped. It works best with **B-complex, Calcium Magnesium and Vita E** (per Carol Dalton's tape on arthritis). Funny, I ordered the EPA for my skin and it got rid of the rest of my "stickiness" in my knee in the morning and after a long drive, etc. My pain is gone!

Dr. Bruce Miller says that the only research about chondroitin that has some credibility is the type that's INJECTED. Taking it orally destroys it in the digestive process, yet that's what most people get at health food stores. Hyaluronic acid has been used by SHAKLEE in some skin care products but ON THE OUTSIDE of the body. But this article shows that glucosamine—our **Joint Health Complex**--is getting mainstream recommendations now. Whenever I see an article like this I'm so pleased we have SHAKLEE research to guide us through all the pseudo-science!

I am a 60-year-old female working in the medical profession, who was injured in an automobile accident in April, 1998. I had severe trauma to both shoulders, pelvis, right hip, and my left broke off the inside door handle of the car door. This was all the result of a 15-year-old boy driving on a permit running a red light. as in physical therapy for several months, had isosporiasis injections as well as Cortisone injections. This helped minimally with my knee. After eight months I was still limping, sometimes not being able to walk more than a block without pain. Being an active walker and go to the gym four times a week, this has really been depressing to me. I get a full body massage every other week and this has helped me tremendously. On one of my visits I saw the Shaklee products and asked for a brochure. On reading about the Joint Health Complex and seeing information in my medical journals regarding cartilage rebuilding, I tried a bottle. The first two weeks I could tell no difference, then within the next couple of days I could tell a tremendous difference. The tendons did not feel as tight, there was less pain when I walked and I was actually able to go up and down my stairs with minimal pain. Also, I had been unable to sleep on either shoulder for very long since the accident, and I noticed a decrease in the symptoms there also. The tenderness has diminished around the patella and inside of my knee. The symptoms with the gastrocnemius that felt swollen and tender have diminished almost completely. I feel the **Joint Health Complex** has definitely begun to help the injury there. I take three of **the Joint Health Complex** along with a Shaklee iron tablet and the Soy Energizing Protein every morning. I can tell a difference in my energy level and my general condition. I asked the distributor to please keep a supply of the Joint Health Complex on hand, I do not want to be without them.

My father-in-law had a torn rotator cuff and arthritis in his shoulder. I gave him a bottle of **Joint Health Complex** to try. He is the kind of person who "doesn't need vitamins". After about 2 months, he noticed the pain was less. He was having cortisone shots and taking some kind of medication. After being on the v he was able to stop all other treatments. He was even able to go golfing this summer with no ain afterward. He has told anyone he meets that has some type of joint pain about Joint Health Complex - Hope this helps. *Dave and Debbie O*

To Build Bone Joint Cartilage we recommend **Joint Health Complex** . One of our friends and customers, Drew, shared with us, " I tried the Joint Health Complex and my arthritis pain went away for the first time in years! (Then) one day I was in a Mall and bought a popular brand of glucosamine chondroitin and within three days the pain was back!... There's something different about Shaklee's!" Thank you, Drew, who also impressed his doctor enough to call us and place an order. Why doesn't Shaklee include chondroitin in their glucosamine product called Joint Health Complex ? Here is Shaklee's answer...

Editor's note: Some of the people in the gym where I work out told me they gained a lot of weight when they took a supplement with chondroitin sulfate (sodium). Shaklee's Osteokinetics contains glucosamine hydrochloride which is more concentrated than other forms of glucosamine, just as bioavailable, and has the benefit of being sodium free (no sulfate). Additional ingredients in **Joint Health Complex** have shown to support the body's natural ability to build and maintain cartilage:

Devils Claw to help maintain normal process of inflammation

Alfalfa -- contains large amounts of chlorophyll

Zinc -- required enzymes that are involved in the synthesis of collagen

Copper -- helps an enzyme to form a cross-links in collagen

Manganese -- activates an enzyme critical to the synthesis of proteoglycans

Boron -- plays a role in hormone metabolism. All of the above are included

in **Joint Health Complex** another Premium Herbal Blend from Shaklee.

Jo Ann & Jerry A

Just want to let you know the **Joint Health Complex** is working better than anything I have ever taken before. I am so accustomed to the chronic knee pain that I forgot how great my knee feels when it isn't hurting. I rode 23 miles on Tuesday with 30 pounds of Anna on the back of my bike. My knee hurt a little after 18 miles. So I iced it and took three extra Joint Health Complex before I went to bed. On Wednesday, I was pain free! Amazing. Many, many thanks,..... *Becky S*

Comparison Shiff's Pain Free/Shaklee Osteokinetics

You have already done some excellent homework on this product yourself!!! You have found out they really "run with" the truth. I have used stomach extract acids and controlled temp. They do not dissolve. Vinegar is acid enough to test anything by the way. The pig and cow cartilage they use for the chondrotin is cow and pig trachea. It is very cheap because it is usually thrown away at the slaughter house. Who wants to buy a pound of cow trachea??? In addition, nothing has ever been proven about chondrotin. See p-66 in "The Arthritis Cure" by Theodosakis. He is the one who wrote the book that unveiled the power of glucosamine: "Several studies testing the combined effectiveness of glucosamine and chondroitin are NOW being conducted. WHEN the results are announced etc etc." It has only been tested by injection into the joint. Never by oral use. Most feel it will be totally ineffective as a pill because it is just bovine trachea. Like any other gristle, we digest it in the stomach. Therefore, it must be injected to by-pass the stomach----hard to sell injections multi-level. *Read this carefully---The uniqueness of Shaklee is that it is a total product completely targeted against the problem. It contains glucosamine----AND zinc, copper, manganese, potassium, boron, devils claw and alfalfa. Each of these has a role in cartilage metabolism. Shaklee is the only product on the market to go this extra mile.....Dr. Bruce Miller*

Thanks for your inquiry and for your continued support. My mother had arthritis when we got into Shaklee and she was so unhealthy that we were looking for something to help her. We found Shaklee, her health improved and we were excited. We ALWAYS start people with an ounce of soy protein (either Instant Protein or Energizing Soy), Vita Lea (minimum of 2 per day), Vita-C (2 - 5 grams a day), and as much Alfalfa as it takes to reduce inflammation in the affected areas (I take about 10 - 15 a day for my arthritis). This may all sound extreme but I sincerely believe that we had my mother around for an additional 20 years because of Shaklee. Most people didn't give her 5 years to live in 1970 and she died in 1993. It was well worth it!! **GLA and Joint Health Complex** came around in the last 3 years so she didn't get the benefit of them. I eat 5 Joint Health Complex a day and 3 GLA and my joints aren't as painful. I hope this all helps, e-mail me if you have more questions.....*Randy*

A man from my church (Cleve) who is in his late 70's has suffered from Arthritis for the last 10 years. He's been taking lots of Ibuprofen daily for 10 years. When I heard this a year ago, I said "yikes, your insides must be a mess"! I gave him some information regarding Shaklee alternatives for his pain and stiffness. He read it and said "no thanks"!

In the last month, he's no longer able to be a greeter at the door at church. He's not able to stand up when we sing hymns. I started praying for him. "Lord, give him the courage to try something new and different (Shaklee)." I also gave his 42-year old daughter literature and said "Please, talk to your Dad. He doesn't have to be in pain all the time. And his insides are going to eventually give him mega trouble." She talked to him. A week ago he said "Give me a month's worth"! So I put him on **Joint Health Complex** (3 per day/ 1 per meal) and **Alfalfa** (3 per meal, gradually going up to 5 per meal - some at bedtime if you are stiff in the a..m). Yesterday at church, Cleve greeted me at the door. He said "I'm pain free. I stopped all my Ibuprofen and other than a little stiffness, I feel great!" Hallelujah! What a blessing that was for me! What did I tell him? "Tell all your friends"! Shaklee - you just keep producing awesome products! But what a blessing Joint Health Complex is for our hurting seniors! Keep up the good work, or should I say research, testing, etc.....*Marie C*

I wanted to share this with everyone because I am sure you can help someone else. My husband Ken had rotator cuff surgery year ago this month. He had a complete tear all the way through. I would like to share his recovery. First he was back to work within 6 weeks, which is very early for that type of surgery, before the surgery he took double alfalfa, double **Osteokinetics** and double calcium. Right after the surgery he started taking 3 tablespoons of **Physique** twice a day plus the other supplements. He did fine and returned to work early and continued taking all his Shaklee supplements. This past week he went in for his year check up. The Dr. who is very well known for his shoulder surgery and has an excellent reputation was taken aback. He couldn't believe that Ken had such a complete recovery. He again asked his age (which is 55) and said that he had never seen that much muscle development return in an injury of his kind or the range of motion return to that extent. Ken is a very faithful supplement taker and swears that he never could have made it through without Shaklee. He continues to take all the supplements especially the Alfalfa 20-30 tablets a day and 2 Joint Health Complex twice daily, he also feels the Vita E helped his healing process.

Jane D

Wanted to share a great Shaklee story with you!!!!!!!!!!!!!! My mom's childhood friend Ida, who will be 88 in 2 weeks, has been suffering with painful knees for some time. I saw her in June, she was on crutches and in lots of pain, but smiling and going forth none the less!!!!!! For over one year, on the advice of her doctor, she has been using Fish Oil and Glucosamine from the health food store. She said it was no better, but no worse. Right on the spot I gave her a 2 month supply of **Joint Health Complex, Alfalfa, and Essential Omega 3 Complex**. I figured that if she were that diligent with the brand X and no results, she would be diligent with Shaklee and see results. WELL, it was LESS than 3 weeks later that she called to tell me that, even though she was a bit "afraid" to say it, her pain was nearly gone! I was just amazed!!!!!!!!!! She got a membership that day and ordered more products. I spoke with her a couple of weeks ago, she is walking over a mile again, without her cane, up and down stairs with no pain, and is thrilled!!!!!!!!!!!!!! It has been JUST under 2 months now since she started on Shaklee!!!!!!!!!!!!!!

Vitamin K

Individuals on Coumadin may need to restrict their intake of vitamin K (contained in Vita-Lea) or other nutrients or herbs that naturally influence the blood's ability to clot. In particular, it would be prudent for an individual taking Coumadin to discuss with their physician whether dietary supplements like EPA, high doses of vitamin E, and the herb Ginkgo biloba in Shaklee Mental Acuity Plus are appropriate for them.

The glucosamine in Joint Health Complex contains alfalfa. A small amount of naturally occurring vitamin K is in alfalfa, which according to The Physician's Desk Reference, individuals on Coumadin should refrain from consuming excessive intakes of vitamin K. Health Sciences suggest that people should consult with their physician first if Joint Health Complex would be an appropriate product because of the vitamin K.

Alfalfa- I-canavanine

Some individuals are concerned about the ingestion of the amino acid L-canavanine found in alfalfa seeds and sprouts, and systemic lupus erythematosus, a disease that can adversely affect the vascular and connective tissue of many organs in the body. L-canavanine is found only in alfalfa seeds and young alfalfa plants to nurture the growing plant. When the alfalfa plant reaches maturity and is ready for harvest, this amino acid is no longer present. Our Shaklee Alfalfa Tabs are made from mature alfalfa plant cuttings and do not include alfalfa seeds or sprouts. In addition, our alfalfa has been independently tested in the laboratory and found to be essentially free of this L-canavanine compound with a limit of detection of just a few parts per million. In fact, we recently published our findings in the American Journal of Clinical Nutrition to set the record straight on this matter. *Your Friends at Shaklee/ smg*

The lady is 85 years old, she was suffering from senior-onset diabetes, from osteoporosis, from degenerative arthritis in the back, & suffered greatly as result of the combination of these ailments and the ravages of old age!! She was taking as many as 9 medications to 'make her feel better'!! She called me one day in August and ordered a bottle of Herb-Lax for a friend and she asked if there were any Shaklee Products which would help her ailments. She was very interested and was a very willing student. Since that day in August until this past Tuesday, this ailing individual has:

- * Balanced her blood sugar -
- * Increased her energy level -
- * Rid all of the pain in her hips and back (caused by osteoporosis & degenerative arthritis)

Her call stating 'I have no pain' brought tears to my eyes! All I had done was reach out to someone 'who was hurting' with the Shaklee Guarantee and the love **which** is always spoken in Shaklee!

This woman is taking the following Shaklee Products (daily):

- 2 TSP Protein** am & pm to balance blood sugar
- 1 TSP of Fiber** am & pm to slow the metabolism of sugar
- 1 Vita-Lea** am & pm to energize the protein & provide nutrients
- 1 B-Complex** am & pm to balance blood sugar & convert food to energy
- 1 Joint Health Complex** am & pm to build cartilage between the joints

Yesterday, I spoke with this lady & she informed me that she was having a difficult time sleeping!! Realizing that she spends a lot of time sitting and not too much time exercising, I asked her if she was still open to a suggestion!! Without hesitation she stated "yes"!! She resides in Assisted Family Housing and lives on the third floor. I asked her if she would get some exercise by walking in the hallways of the third floor. She agreed. I asked her to walk out her door, turn right and walk to the end of the hall, then come back and walk past her door to the other end of the hall. I then asked if she could do that 2 or 3 times in the morning and again in the afternoon. She agreed to do what she could. I spoke with her 10 minutes ago, and she informed me: "I slept real good last night - I was tired. I took three trips down the hall in the morning and two in the afternoon. Also, a man came and helped me decorate my Christmas Tree."

At this writing, I am not sure who is the happier, my willing friend or me??!!

Age really doesn't matter - Shaklee Products work!!.....*Shirley K*

I am so excited, I just had to share this with all of you. Many of you know that I have been riding in the Multiple Sclerosis 150 mile Bike-A-thon now for the past nine years. Yesterday (Sun.27th) I completed the 9th ride of 157 miles. Prior to the arrival of Shaklee's **Osteokinetics**, I was going to continue to raise money for M.S., but I didn't think I'd be able to ride any more because of tremendous pain in my knees, so much so, I contemplated having them operated on. The pain following those rides was so intense that I could hardly walk for three days after. After about a week I would be able to ride my bike again, with a lesser degree of pain. When Joint Health Complex was introduced, I began taking them faithfully (3 per day as suggested.) Then when the bike tour came in the last week in September 1997, I was able to ride the entire distance of 157 miles without a hint of pain. This year, 1998, I again rode 157 miles and my knees DO NOT hurt even a little bit. I did not train with any degree of intensity and my

quads and hamstrings paid the price on the second leg of the trip. I must say that three mixtures of Physique saved the day in that department as well a 70 ounce mixture of Performance per 78 miles, kept me from having cramps, since the temperature was in the high nineties with equal humidity and 10 to 23 MPH winds constantly in our face on the return trip. My dependence on these products assures me that no matter what the circumstance, they will ALWAYS WORK !! To me as an individual, that is of utmost importance because, in March of 1999 I will be aged 72 and I want to continue to do this until I am at least 82 years old. With the help of God, determination and these remarkable products, I see no reason why I can't.....*Richard B.(Dick) F.*

Subject: Re: osteo arthritis

I have been on **Joint Health Complex** for a year now and I have Osteo in my toes real bad. It has helped me. I have quit taking my medication for a year now and I feel great. I am now trying to get my Doctor to try it on others. Also, my Aunt has been on it since Jan. of this year and she could hardly get off the couch and walk. She is now doing great with Joint Health Complex. She works at Wal-Mart here in Troy, Ohio and she is getting her co-workers started on Joint Health Complex *Tony*

I'm now 44 and have had very painful spinal osteoarthritis since my early 30's. I refused meds for years until someone told me they hurt just watching me move! The dr. put me on high dose aspirin. This lead to really wierd and fluctuating deafness, but because of major stress and other health problems, I never associated it with the aspirin until 1 1/2 years later . . . but my hearing returned 24 hrs after stopping the aspirin (spring 1993). Then I began rounds of various NSAIDs: ibuprofen, ketophren (spelling?), voltarin, and many others. Some were completely ineffective, others worked for a few months, but none completely relieved the pain. The other health problems (chronic fatigue syndrome) led me to Shaklee, and I tried high doses of alfalfa and EPA but didn't notice any improvement in the arthitic pain although I definitely improved in overall health. I finally decided to just forget the meds because they weren't helping that much anyhow. My doctor then told me that he would no longer need to monitor my liver enzymes! I hadn't realized that the meds put my liver at risk! The following year Shaklee came out with **Osteokinetics (now Joint Health Complex)**. I was able to get out of bed without taking at least 5 minutes due to severe pain. I have some bad spinal problems that means I will probably never be painfree, but **Joint Health Complex** has helped so much! (I take a bunch of other supplements as well, but I was already taking them and know that the difference in my arthritis came from the Joint Health Complex. I also have osteoarthritis in my wrists and hips. Rainy days used to make me ache all over, but now I don't even think about arthritis on rainy days. My mother really likes Osteokinetics, too, and feels like it works better for her when she also takes 10 alfalfa/day with it.

My sister, who is very skeptical, said only one **Joint Health Complex** a day has helped her foot to quit hurting. She was convinced enough that she encouraged a friend to try it for a knee problem. Personally, I feel it has been helpful to stop general achy bones that I was experiencing.....*Peg*

My quick testimonial for Osteokinetics z(now Joint Health Complex) is that my husband used to have to take two Advil a day for knee pain but within a week of starting he's been pain free!

My husband has bad knees. He has been on **Joint Health Complex** for 1 yr. For the first time in 8 yrs he walked in the MS walkathon with me. He attributes it to the Joint Health Complex only. He changed nothing else in his life, no diet, no exercise. - only Joint Health Complex. He is 39 yrs old.

Carol Bryniarski

Hi my name is Peter--three years I've been trying to get my father on Shaklee nutrition with no luck. Finally I saw blood pressure medication on his kitchen table and I completely lost it and yelled at him about taking care of himself and not trusting his own son. Not the best way to promote Shaklee I know! Well two months

ago he started taking **Vita-Lea, B-Complex, and Essential Omega-3 Complex**. His blood pressure went back to normal in just two weeks taking two a day! When he saw this he opened up to me and let me talk to him about his back and shoulder problems as they were in bad shape and giving him a lot of pain, (from all those years of sports up to 61 years). He started taking one Joint Health Complex a day and two Cal-Mags and within a month he had no pain at all! He goes around to everyone telling them how great his son's Vitamin stuffs! Hope this helps you as it has my Father. P.S. He's still Very active playing on my League volleyball team and Marathon canoe racing at 61 years of age!

Peter

fieldcomm@shaklee.com

Why does Shaklee choose to use glucosamine hydrochloride instead of glucosamine sulfate? Is one more effective than the other? Which is better for building cartilage for joints? Thanks for your time.

Todd

From: "Field Communications" <fieldcomm@shaklee.com>

Glucosamine, a compound derived from shellfish, has been shown to support the body's natural ability to build and maintain the cartilage which provides cushioning for joints, and helps maintain range of motion.* The hydrochloride form of glucosamine is more concentrated than the sulfate form, and contains substantially less sodium per serving than the sulfate form. Glucosamine sulfate is stabilized with sodium chloride (table salt) and can contain as much as 30% sodium, which is consideration for individuals who want to reduce their dietary intake of sodium. Glucosamine hydrochloride is salt-free. Research shows that since glucosamine is not absorbed intact with its carrier, the body doesn't care how it gets glucosamine as long as it is bioavailable. A number of studies over the past decade or so have been performed on glucosamine in Europe and Asia using glucosamine sulfate as the active ingredient. In a double-blind, placebo-controlled trial performed in Canada and published in the Journal of Rheumatology, however, glucosamine hydrochloride was used and found to be more effective than the placebo.

Other clinical studies

"Pharmacokinetics of glucosamine in man" (Setnikar et.al.), a study referencing the bioavailability of glucosamine, states that after oral administration, glucosamine sulfate is rapidly split into glucosamine and sulfate ions and absorbed. After absorption, the sulfate ions enter the blood stream where a steady level already exists. None of the clinical studies performed with glucosamine sulfate indicate that sulfate contributed to the benefits shown in the study. As a matter of clarification, while this study references glucosamine sulfate, it was actually glucosamine hydrochloride that was radiolabeled and used to prove the bioavailability of glucosamine. We can conclude that since sulfate and hydrochloride are not the key building blocks for the production of joint cartilage, it makes no difference whether glucosamine has a sulfate or hydrochloride carrier.

* 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.

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Not all calciums are created equal. This is how people get rid of bone spurs, too

Willa V not only has Osteo-Arthritis but also a calcium deposit on a vertebrae which is closing off 1/2 of the opening that the nerves go through. The nerves are pinched leading to her shoulder and down her arm, creating severe pain. She was taking Motrin several times daily to help control the pain whenever she turned her head. The doctor wanted to surgically remove the calcium deposit and said, "take No calcium"

Willa decided to try some Shaklee and she started on the whole program with a special emphasis on calcium to try to dissolve her calcium deposits. Just 4 days later she bubbled, "I don't have any pain in my shoulder or arm -- Oh, a little bit maybe if I turn too quickly, but not enough to bother. In fact, I

haven't taken any pain pills recently." Willa works in the pharmacy of the St. James Hospital in Pontiac. Noticing that she was moving better, the pharmacist asked what she was doing. "I'm not going to tell you," she replied. "Because you are a pharmacist and you're just like my doctor. "He persisted in knowing and after promising not to laugh, she told him she was taking Shaklee supplements.

When she went back to her doctor for a checkup he wanted to know what she Had been doing for he noticed a big improvement. She told him she was taking Shaklee supplements. He reminded her that he had told her not to take extra calcium. Willa told him Shaklee's was dicalcium phosphate to which he replied, "Oh, that's O.K. then!" She still takes 10 Vita-Cal and 10 Calcium Magnesium a day and she needs 8 Alfalfa with each meal and at bed time. Willa isn't even considering surgery any more!

*This information is not intended to replace medical care. This information is not intended to diagnose, treat or cure.*