



Prevent.
Repair.
Restore.
Naturally.

Dosage Guideline

Adults: 4 Capsules Daily

- ✓ Start with half of recommended dose for 5 days and then as directed.
- ✓ Expect 6-8 Week trial period for signs of noticeable improvement.

Cautions & Warnings:

If symptoms worsen consult a healthcare practitioner. Some people may experience nausea, skin rash, gout and transient worsening of rheumatoid arthritis. If you are allergic to shellfish, do not use. If you have a liver disorder or develop liver-related symptoms (e.g. abdominal pain, jaundice, dark urine), consult a healthcare practitioner prior to use. If you are pregnant or breast-feeding, do not use.



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What is Green Lipped Mussel?



Green Lipped Mussel (*Perna canaliculus*) is a shellfish found off the coast of New Zealand. The extract of which has been shown to be useful in the treatment of osteoarthritis, rheumatoid arthritis, bursitis, ankylosing spondylitis, Lyme disease, skin inflammation, gastro intestinal disorders, connective tissue repair and joint related injuries. Research has been published documenting the benefits of Green Lipped Mussel for humans, dogs and cats.

The indigenous New Zealand populations have included Perna Mussel as a major part of their diet for centuries. These groups' extremely low reported incidences of arthritic and rheumatic disorders are directly linked to the GLM in their diet.

Motion Health GLM capsules contain freeze-dried powder of the mussel. Once the mussel matures, it is collected and chilled to below 40°C within 2 – 4 hours. The soft tissue is separated from the shell, washed several times, frozen, and freeze-dried. It is then processed into a fine powder and put into capsule form for easy dosing.

How does it work?

Unlike a drug, Green Lipped Mussel does not trick the body's pain receptors. It goes directly to the source of the disease by stimulating the production of proteins. These proteins aid in the building and repairing of connective tissue in the body. The nutrients present in GLM capsules can reduce swelling, inflammation and pain, limit further cartilage degeneration, and potentially support the regeneration of damaged joint cartilage and synovial fluid (joint fluid).

How can GLM help me?

- Supports healthy joint mobility, flexibility and reduces joint pain
- Regenerates & promotes production of new, healthy articular cartilage and joint fluid.
- Contains naturally occurring nutrients including:
 - ✓ Glucosamine, Chondroitin and glutamine (GAG's)
 - ✓ Omega 3 fatty acids (ETA, EPA, DHA, OTA) which act as an anti-inflammatory and cell oxygenator.
 - ✓ Amino acids, antioxidants (vitamin E & C) and minerals (copper, zinc and manganese) that assist joint health.
- May slow or reverse the progression of degenerative joint disease due to aging, wear & tear, injury or post surgical.
- All natural product. No fillers or additives, pure GLM powder.
- May be used in conjunction with additional treatment options. No contraindication for use with NSAIDs or corticosteroids. Safe for long term use.
- Easy to dose capsules

