

Procosa® II

Ground-breaking formula that supports optimal joint health*

Health Basics

- Delivers glucosamine sulfate at doses clinically shown to help maintain healthy cartilage and joints*
- Vitamin C, manganese, and silicon provide additional nutrition essential for joint health*

Procosa II Difference

- Turmeric extract speeds the action of **Procosa II** to provide more immediate benefits

Nearly one in three adults in the United States suffers from some form of joint problem. The situation is worse for athletes and those who are subject to high amounts of physical stress at work and at home. To help support healthy joints, USANA created **Procosa® II** supplement, a product with a blend of glucosamine, manganese, vitamin C, and silicon—building blocks for healthy cartilage.*

Cartilage

Cartilage is the protective layer that cushions and lubricates the joints. Over the years, the cartilage in our joints is gradually worn down due to normal physical activity. The body rebuilds the cartilage as it is worn and replaces shock-absorbing synovial fluid, so the joints are always protected. For various reasons, however, the production of new cartilage and synovial fluid can fall behind demand. Because of poor blood supply, lesions to articular cartilage do not heal at the same rate as in other tissue in the body; cartilage is rebuilt slowly. If components of the substances used for cartilage repair are in short supply, the recovery from damage can be slowed even more.

Glucosamine

Glucosamine, an amino sugar, is an important precursor in the biosynthesis of cartilage. Specifically, it is a building block of proteoglycans—protein molecules with a high content of bound

carbohydrate.¹ Proteoglycans and collagen compose the majority of the cartilage matrix. Proteoglycans are essential for healthy cartilage because they bind the water that lubricates and cushions the joint. When the articular cartilage degenerates, joint pain and osteoarthritis may result.*

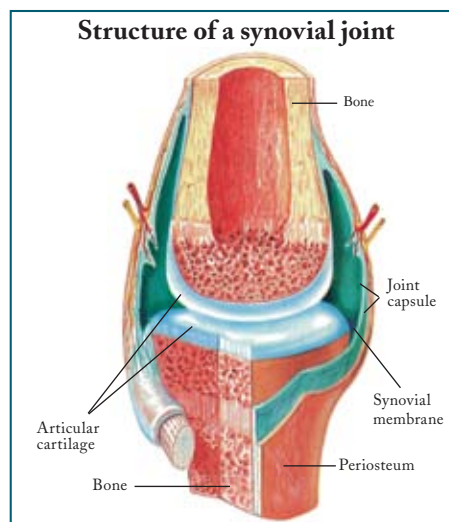
In addition to its role as a biochemical precursor, glucosamine is believed to play a role in regulating cartilage formation and normalizing cartilage metabolism by encouraging higher production of collagen and proteoglycans.² Glucosamine also stimulates synovial production of hyaluronic acid, which is responsible for the lubricating and shock-absorbing properties of synovial fluid.^{3*}

Numerous double-blind clinical studies have shown the efficacy of glucosamine supplements in maintaining healthy cartilage, healthy joints, and full range of motion in the short-term.⁴⁻¹⁰ More recently, a three-year study was published showing that joint space increased in the glucosamine-treated group, while it continued to decrease in the placebo group, indicating that the protective cartilage was better maintained in those who used glucosamine.¹¹ Additional studies have

demonstrated that glucosamine, taken orally, is well-absorbed and diffuses into tissues, including the articular cartilage.^{12-14*}



ITEM# 131



A Powerful Blend

The combination of glucosamine sulfate with turmeric extract, manganese, vitamin C, and silicon represents a more comprehensive approach to joint health. Over the long term, these ingredients help retain healthy cartilage. Turmeric contains curcumin and related compounds known as curcuminoids, which have good antioxidant properties.^{15,16} Manganese is required for enzymes involved in the biosynthesis of proteoglycans.^{17,18} Vitamin C is essential for the reactions necessary to collagen formation. And silicon is required for proper collagen formation and ultimately cartilage composition.^{19*}

Why Procosa® II?

Procosa II is USANA's formula for joint health. We incorporate a full 2000 mg per day of high-quality glucosamine sulfate, a dosage significantly higher than the industry standard. Then we combine this with turmeric extract, vitamin C, manganese, and silicon for comprehensive joint health.*



- Cardiovascular
- Cellular Metabolic
- Skeleton/Structural
- Endocrine
- Brain/Nervous

Optimizers: Skeleton/Structural

DIRECTIONS: ADULTS TAKE TWO (2) TABLETS TWICE DAILY, PREFERABLY WITH FOOD.

Supplement Facts

Serving Size 2 Tablets

| | AMOUNT PER SERVING | %DV* |
|------------------------------------------------------|--------------------|------|
| VITAMIN C (AS CALCIUM ASCORBATE) | 150 mg | 250% |
| MANGANESE (AS MANGANESE GLUCONATE) | 2.5 mg | 130% |
| GLUCOSAMINE SULFATE 2KCL (FROM SHRIMP & CRAB SHELLS) | 1,000 mg | † |
| TURMERIC EXTRACT (<i>CURCUMA LONGA L.</i>) (ROOT) | 250 mg | † |
| SILICON (AS SILICON AMINO ACID COMPLEX) | 1.5 mg | † |

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, ASCORBYL PALMITATE, DEXTRIN, COLLOIDAL SILICON DIOXIDE, DEXTROSE, SOY LECITHIN, CROSCARMELOSE SODIUM.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.

References

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