

Glucosamine Mega 1000™
1000 mg, 100 tablets
Item Catalog Number: 00460

Glucosamine is a naturally occurring amino sugar synthesized in the body from L-glutamine and glucose. Glucosamine stimulates the manufacture of glycosaminoglycans, important components of the cartilage needed for healthy joints.^{40,41} Aging people seem to lose their ability to produce a sufficient amount of glucosamine, and there are no food sources available. Commercial sources of glucosamine are from the exoskeleton of certain shellfish and are available as gluco-samine sulfate, gluco-samine hydrochloride, and N-acetyl-glucosamine. The sulfated form may most effectively incorporate sulfur into the cartilage.^{42,43}

Glycosaminoglycans and glycoproteins allow cells in tissues to hold together. They are necessary for the construction and maintenance of virtually all connective tissues and lubricating fluids in the body.^{44,45}

This product is from Jarrow Formulas®. HCl is included to stabilize the glucosamine.

References

Supplement Facts

Serving Size 1 tablet

Servings Per Container 100

Amount Per Serving

Glucosamine HCl

1000 mg

Other ingredients: Cellulose, modified cellulose gum, stearic acid (vegetable source), magnesium stearate (vegetable source) and silicon dioxide.

Contains no shrimp shell glucosamine. Color of tablet naturally varies from white to tan. No wheat, no gluten, no soy, no dairy, no egg, no fish/shellfish, no nuts/tree nuts.

Dosage and Use

- Take one or two tablets per day, or as recommended by a healthcare practitioner.
- Best with meals.

Caution

If you have an issue of glucose intolerance or diabetes, please consult your healthcare practitioner prior to using this product.

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