

BIBLIOGRAPHY

1. Usha PR, Naidu MU. Randomised, Double-Blind, Parallel, Placebo-Controlled Study of Oral Glucosamine, Methylsulfonylmethane and their Combination in Osteoarthritis. Clin Drug Investig. 2004;24(6):353-63.

Glucosamine, MSM and their combination produce an analgesic and anti-inflammatory effect in osteoarthritis.

2. Magrans-Courtney T, Wilborn C, Rasmussen C, Ferreira M, Greenwood L, Campbell B, Kerksick CM, Nassar E, Li R, Iosia M, Cooke M, Dugan K, Willoughby D, Soliah L, Kreider RB. Effects of diet type and supplementation of glucosamine, chondroitin, and MSM on body composition, functional status, and markers of health in women with knee osteoarthritis initiating a resistance-based exercise and weight loss program. J Int Soc Sports Nutr. 2011 Jun 20;8(1):8. doi: 10.1186/1550-2783-8-8.

3. Diehl P, Gerdesmeyer L, Schauwecker J, Kreuz PC, Gollwitzer H, Tischer T. [Conservative therapy of osteoarthritis]. Orthopade. 2013 Feb;42(2):125-39. doi: 10.1007/s00132-012-2016-6.

Chondroprotective substances, like glucosamine, chondroitin sulphate and hyaluronic acid are safe and provide short term symptomatic relief from osteoarthritis.

4. Richette P. [Management of osteoarthritis: oral therapies]. Rev Prat. 2012 May;62(5):654-60.

Substances with slow symptomatic effect (avocado and soybean rich in unsaponifiables, chondroitin sulphate, diacerein or glucosamine sulphate) have mild symptomatic effects and can reduce the consumption of NSAIDs.

5. Martin MS, Van Sell S, Danter J. Glucosamine and chondroitin: an appropriate adjunct treatment of symptomatic osteoarthritis of the knee. Orthop Nurs. 2012 May-Jun;31(3):160-6. doi: 10.1097/NOR.0b013e3182558cf5.

The purpose of this article is to document the evidence of the latest research into the use and efficacy of glucosamine and chondroitin sulphate supplements for patients with symptomatic arthrosis of the knee.

6. Rovati LC, Girolami F, Persiani S. Crystalline glucosamine sulfate in the management of knee osteoarthritis: efficacy, safety, and pharmacokinetic properties. Ther Adv Musculoskelet Dis. 2012 Jun;4(3):167-80. doi: 10.1177/1759720X12437753.

Continuous administration of glucosamine for a maximum of 3 years resulted in a significant reduction in the progression of the structural changes of the joint compared to the placebo.

7. <http://www.arthritis.org/espanol/tratamientos/terapias-alternativas-complementarias/terapias-alternativas-complementarias-glucosamina/>

8. Jerosch J. Effects of Glucosamine and Chondroitin Sulfate on Cartilage Metabolism in OA: Outlook on Other Nutrient Partners Especially Omega-3 Fatty Acids. Int J Rheumatol. 2011;2011:969012. doi: 10.1155/2011/969012. Epub 2011 Aug 2.

Sinartrix



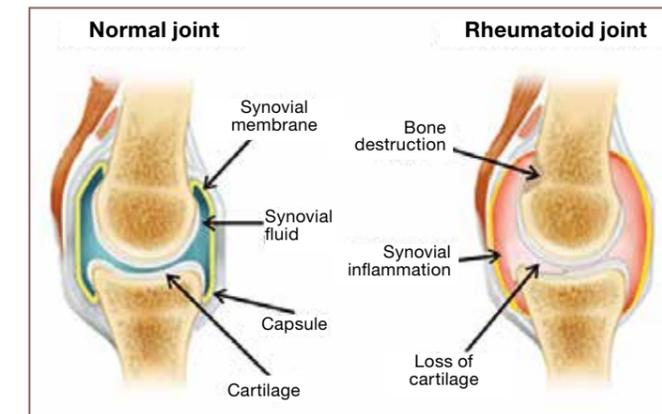
Sinartrix GMC GMC capsules combine 3 structural ingredients of joints and cartilage therefore it is indicated for treating osteoarticular disorders like **arthrosis, arthritis, tendonitis, ankylosing spondylitis, synovitis, osteoporosis, extra-articular rheumatism** and various **osteopathies**.

Ingredients:

Glucosamine sulphate: is an aminosaccharide that acts as an integral agent in the synthesis of the cartilaginous components that cover the bony surfaces of all the joints and it also directly stimulates this synthesis. It also has an anti-inflammatory effect. In cases of joint wear and tear, it helps to produce **regeneration of the cartilage** and the **synovial fluid**, while reducing the inflammation of the joint.

Chondroitin sulphate: is the main component of cartilage, it forms part of its structure and gives it water and nutrients, as well as **lubricating** joints, to prevent friction between the heads of the bones and providing **shock absorbing** qualities, so that the pressure between bones is spread out thereby preventing possible injuries. All this favours the **mobility** and **flexibility** of cartilage. It has a synergistic effect with the glucosamine to restore damaged joints.

Methylsulfonylmethane: is an organic source of **sulphur**, necessary for forming and maintaining connective tissue and for lubricating joints.



Effects of Sinartrix GMC:

- Protects **joints** from damage and injuries.
- Accelerates and stimulates the **regeneration** of tissues and joints, therefore it is very useful for treating osteoarthritis.
- Promotes the correct maintenance of **connective tissues**.
- Improves the structure, **mobility** and functioning of joints.
- Can help to **reduce pain** in joints creating healthy, flexible cells. Reduces the need for painkillers.
- Analgesic and **anti-inflammatory** effects.



Composition per 2 capsules:

Glucosamine sulphate	660 mg
Chondroitin sulphate	660 mg
Methylsulfonylmethane	660 mg

Presentation:

Packet of 60 capsules.

Directions for use:

Take 2 to 6 capsules a day.