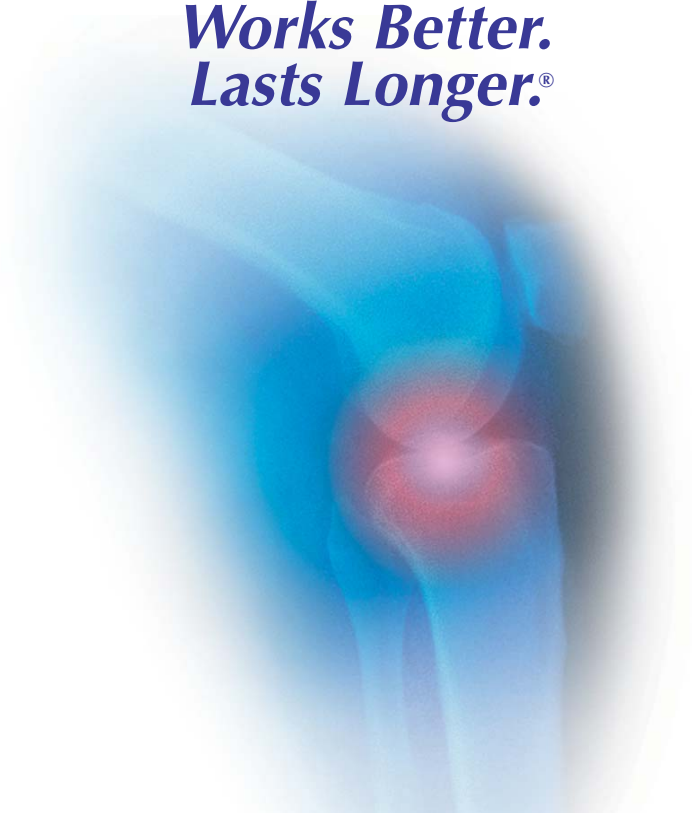




**Exclusive Formula**<sup>®</sup>  
**CosaminDS**  
JOINT HEALTH SUPPLEMENT

*Works Better.  
Lasts Longer.<sup>®</sup>*



*Protect your cartilage  
with the ONLY BRAND  
proven to reduce joint pain  
in controlled, published, U.S. studies.*

**EXCLUSIVE TRADEMARKED INGREDIENTS**

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

## What is Cosamin®DS?

CosaminDS is the #1 orthopedic surgeon and rheumatologist recommended brand\* of chondroitin sulfate/glucosamine. As a joint health supplement, CosaminDS helps reduce joint pain and stiffness by using ingredients that are safe, effective, and easily absorbed. CosaminDS is superior to all other chondroitin sulfate/glucosamine products and has been proven effective in published clinical studies.

## Why did my doctor recommend CosaminDS?

Your doctor understands there are differences between glucosamine/chondroitin brands. CosaminDS is the only brand proven to reduce joint pain in controlled, published U.S. studies. The chondroitin sulfate found only in CosaminDS was chosen by the National Institutes of Health (NIH) for the GAIT study. Laboratory studies have shown that the exclusive combination of ingredients in CosaminDS work better together than glucosamine alone. Published experimental trials indicate that CosaminDS can protect cartilage from breakdown.



## What is joint cartilage?

Cartilage is a slippery, cushion like tissue produced and maintained by its own specialized cells. When you do even the simplest of everyday activities, there is tremendous pressure on your joints. Cartilage between your bones, joint fluid and connective tissue work together like a shock absorber. This allows flexible joint function.

## Why does cartilage break down?

There are many factors that lead to cartilage breakdown:

- ✓ Age
- ✓ Inactivity
- ✓ Excess weight
- ✓ Over activity
- ✓ Injury
- ✓ Genetics

Cartilage lacks a direct blood supply. It relies on nutrients found in the joint fluid to nourish cartilage cells and maintain its structure. When this process is affected by one or more of the factors mentioned above, cartilage can deteriorate to the point where it can no longer provide sufficient joint protection.



*"Joint pain and stiffness used to get me down. With Cosamin®DS I'm flexible and free the way I used to be."*



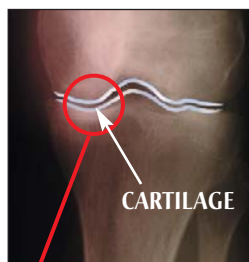
## How Cartilage Works

Most of the bones in our bodies are held together with ligaments and covered by tendons and muscles. Where the bones connect, protective layers of cartilage between them allow the bones to move freely, without pain.

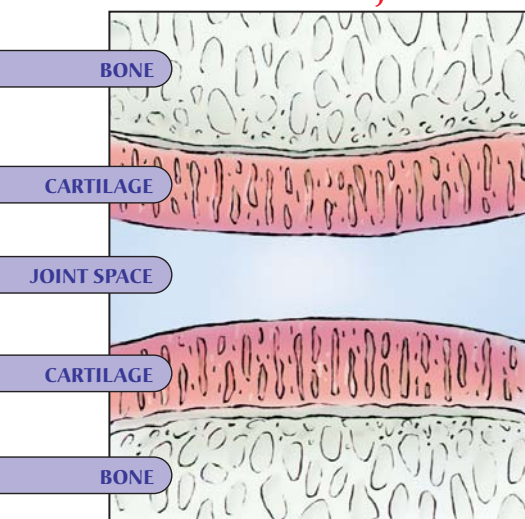
With age and other factors, cartilage starts to break down, resulting in stiffness and pain. The body cannot correct

this process by itself, but using Cosamin®DS can help.

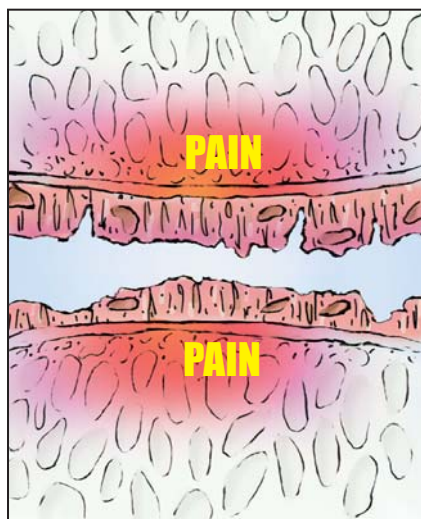
Laboratory research has demonstrated that CosaminDS can slow down cartilage deterioration and protect cartilage cells from breakdown.



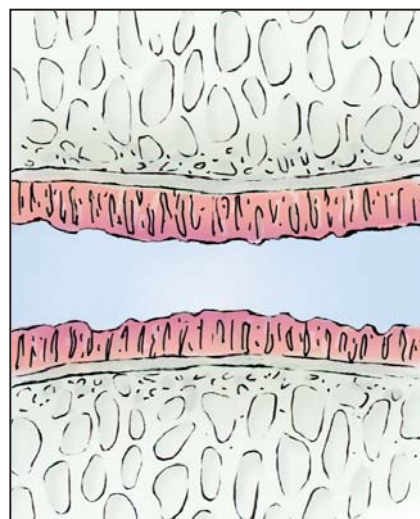
### Cross section of a joint



Normal Cartilage



Degraded Cartilage



Cartilage with CosaminDS

## How Cosamin®DS Works

The two main ingredients in CosaminDS, TRH122® low molecular weight (LMW) chondroitin sulfate and FCHG49® glucosamine hydrochloride, stimulate the production of cartilage. In younger, healthier individuals cartilage cells would normally accomplish this task. However, as one ages, cartilage cells die off and are not replaced. This starts a cycle of destruction in the cartilage. There are also enzymes present that degrade cartilage. Glucosamine hydrochloride stimulates cartilage production while chondroitin sulfate inhibits enzymes that break down cartilage. The low molecular weight chondroitin sulfate exclusive to CosaminDS has been shown in clinical trials to slow the progression of cartilage deterioration as well as reduce joint pain.

Cosamin®DS contains FCHG49® Glucosamine Hydrochloride and TRH122® Low Molecular Weight Sodium Chondroitin Sulfate, Nutramax Laboratories® exclusive propriety researched specifications.

## Why is Cosamin®DS my best choice?

- CosaminDS—contains the exclusive chondroitin sulfate selected by the National Institutes of Health for the GAIT study.
- CosaminDS—the #1 Orthopedic Surgeon and Rheumatologist recommended brand.▲
- CosaminDS—the ONLY brand proven effective in controlled, published U.S. studies to reduce joint pain.
- CosaminDS—contains the proven low molecular weight chondroitin sulfate and glucosamine combination not found in other brands.
- CosaminDS—requires only 1 or 2 capsules daily for long term use.

## How long does CosaminDS take to work?

CosaminDS is a supplement consisting of ingredients that work naturally to promote joint health. Usually, positive changes occur in one to two months. After two months you may start reducing the number of capsules following directions in the table below.

### Recommendation as a dietary supplement:

	Number of Capsules
Suggested daily intake	1 to 2 capsules daily
Initial 1 to 2 months	3 capsules daily (may be taken at once, or throughout the day)

For children, consult your physician or pharmacist.

If you have a condition or allergy that requires medical attention you should always consult your physician before taking any drug or dietary supplement.

## When should I start taking Cosamin®DS?

CosaminDS is more effective when used in the early stages of joint deterioration. Early action is always the best advice. If you notice changes in flexibility or joint function it is best to see your doctor.

Your doctor may discuss with you:

- ✓ Weight control
- ✓ Exercise
- ✓ Taking CosaminDS

CosaminDS can be used before the onset of joint pain and stiffness. For those who exercise daily or strenuously and are not experiencing joint pain and stiffness, CosaminDS may be taken to maintain optimal joint health.

## Why is CosaminDS the #1 orthopedic surgeon and rheumatologist recommended brand?▲

- CosaminDS is supported by controlled, published U.S. clinical studies.
- CosaminDS contains the highest quality ingredients.
- CosaminDS is produced following manufacturing standards practiced by the pharmaceutical industry.

All of these factors point to CosaminDS, the best and most economical joint health supplement.

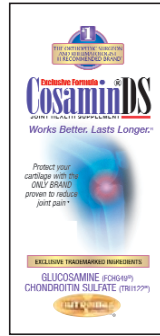
## Tips from the FDA

The FDA has advice at <http://vm.cfsan.fda.gov/~dms/ds-savvy.html> on purchasing dietary supplements. In summary, they suggest contacting the manufacturer and finding out the following:

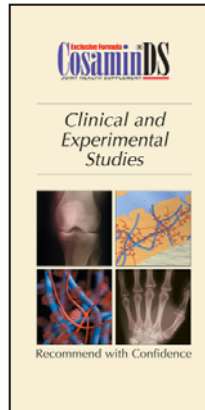
1. Can the product claims be substantiated? ✓
2. Is information available on the safety and efficacy of the ingredients in the product? ✓
3. Is a quality control system in place such that the product contains what is stated on the label and is free of contaminants? ✓
4. Has the manufacturer received adverse event reports? ✓

✓ **CosaminDS meets ALL of these guidelines!**

# Exclusive Formula<sup>®</sup> Cosamin<sup>®</sup>DS JOINT HEALTH SUPPLEMENT



For more in-depth scientific information about CosaminDS, call 1-800-925-5187 to order a free copy of *CosaminDS—Clinical and Experimental Studies*.



NUTRAMAX LABORATORIES, INC.  
2208 Lakeside Boulevard • Edgewood, Maryland 21040  
1-800-925-5187 [cosamin.com](http://cosamin.com)

▲Source: SLACK Incorporated Market Research Survey, June 2005 and February 2006. Surveys conducted of orthopedic surgeons and rheumatologists relating to glucosamine/chondroitin sulfate brands.

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