

# JOINT HEALTH

MAINTAINING GOOD BONE AND JOINT HEALTH IS ONE OF THE MOST IMPORTANT THINGS YOU CAN DO FOR YOURSELF AND YOUR LOVED ONES. AT CURRENT RATES, IT IS ESTIMATED THAT AS MANY AS 70% OF CANADIANS WILL REQUIRE ORTHOPAEDIC SURGERY AT SOME POINT IN THEIR LIFETIME. WITH HEALTHY CHOICES ABOUT NUTRITION, ACTIVITIES AND ACTIVITY LEVELS, AND PREVENTING INJURY, BONE AND JOINT HEALTH CAN CARRY US THROUGHOUT OUR LIVES - LONGER AND STRONGER.

## Your Bone and Joint Health

Good bone and joint health is vital to your overall well-being. Your bones serve several important functions:

- Provide structure for your body
- Protect your organs
- Anchor your muscles
- Store your body's calcium reserve

Quadra offers an extensive line of high quality ingredients to this industry:

**Botanical Extracts:** Burdock, Boswellia, Turmeric, Meadowsweet, European Ash, Bladderwrack, Licorice, Devil's Claw, Blackcurrant, Dog Rose (Rosehip), White Willow, Feverfew, Cat's Claw, Nettle, Wild Pansy, Mistletoe, Ashwagandha, Ginger

**Calcium & Selenium**

**Collagen**

**Hyaluronic Acid**

**Natural Vitamin K2- MK7**

**Omega 3's - High purity concentrated EPA/DHA**

**Organically Bound Selenium Yeast**

**UCII Collagen - Undenatured Type II**

**Vitamin E**

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