



Skeletal

Procosa®



Unique joint-support supplement with vitamin C and the InCelligence™ Joint-Support Complex

USANA's Procosa supplement helps maintain and protect joint health with vitamin C and a unique InCelligence Joint-Support Complex made with vegetarian glucosamine and Meriva®† bioavailable curcumin.

### THE BENEFITS OF PROCOSA

Healthy joints allow the bones to move together comfortably. However, in some individuals, the cartilage breaks down and becomes thin, resulting in more joint friction, discomfort, and stiffness. Procosa helps to relieve joint pain associated with osteoarthritis.

In addition to a healthy diet and maintaining moderate physical activity, the unique blend of the InCelligence Joint-Support Complex (formulated with USANA InCelligence™ Technology), vitamin C, and other nutrients can help support optimal joint health and function, so you can maintain an active, independent lifestyle.

### THE SCIENCE OF PROCOSA

Between the bones is a narrow space—the joint cavity. Your bones are capped with cartilage, which gets its lubrication and nutrients from synovial fluid, which also acts like a shock absorber. If synovial fluid and cartilage deteriorate, the spacing between the bones narrows, and eventually the bones will rub together.

Research has shown that joint space can be better maintained in those who take glucosamine. Glucosamine also stimulates production of hyaluronic acid, which is responsible for the lubricating and shock-absorbing properties of synovial fluid.

Glucosamine is a well-absorbed amino sugar that helps regulate normal cartilage formation by encouraging production of collagen and by acting as a building block for proteoglycans. Proteoglycans are essential for healthy cartilage because they bind the water that lubricates and cushions the joint.

Meriva® is an innovative phytosome that combines curcumin with a phospholipid, so it passes through cell membranes more easily, making it nearly 30 times more bioavailable than traditional curcumin preparations. A potent antioxidant that helps protect joint cells, Meriva has been shown to support joint comfort and function.

Together, glucosamine and Meriva make up the InCelligence Joint-Support Complex. In addition to the benefits listed above, there are two key cell-signalling processes the complex is designed to promote:

- Exercise can stimulate the immune system and result in temporary inflammation, which is part of the body's natural recovery mechanism for restoring normal structure and function to muscles and tendons. The InCelligence Joint-Support Complex influences the signalling pathways that modulate these responses to help proactively promote a healthy immune and inflammatory response after exercise.
- Chondrocytes (cartilage cells) maintain healthy function through a natural cell renewal process in which damaged organelles in joint tissue are broken down and removed through a process called autophagy. However, age or other lifestyle factors may slow this process. The InCelligence Joint-Support Complex helps activate autophagy to renew healthy joint-cell function to preserve healthy articular cartilage and support healthy joint aging.

Procosa also delivers 225 mg of vitamin C because it promotes collagen synthesis. Collagen is one of the main structural proteins that supports the integrity and strength of ligaments and tendons to maintain joint stability.

### THE USANA DIFFERENCE

The InCelligence Joint-Support Complex in Procosa was created using a unique combination of Meriva bioavailable curcumin with high-quality glucosamine hydrochloride. By blending the hydrochloride form of glucosamine with the potassium and magnesium sulfate in the formula, Procosa provides the same benefits of glucosamine sulfate without using shellfish or other animal-based ingredients. Not only is it one of the few vegetarian formulas available on the market, the addition of vitamin C makes Procosa a highly effective, comprehensive approach to joint health.

† Meriva is a trademark of Indena S.p.A.



ITEM #131

**RECOMMENDED USE:** HELPS TO MAINTAIN HEALTHY CARTILAGE. HELPS TO MAINTAIN JOINT HEALTH. / **USAGE RECOMMANDÉ:** AIDE À PRÉSERVER LA SANTÉ DU CARTILAGE ET DES ARTICULATIONS.

**RECOMMENDED ADULT DOSE:** TAKE THREE (3) TABLETS DAILY, PREFERABLY WITH MEALS. / **DOSE RECOMMANDÉE POUR ADULTES:** PRENDRE TROIS (3) COMPRIMÉS PAR JOUR, DE PRÉFÉRENCE AVEC LES REPAS.

**DURATION OF USE:** USE FOR A MINIMUM OF FOUR (4) WEEKS TO SEE BENEFICIAL EFFECTS. / **DURÉE D'UTILISATION:** POUR CONSTATER DES EFFETS BÉNÉFIQUES, PRENDRE LE PRODUIT PENDANT AU MOINS QUATRE (4) SEMAINES.

EACH TABLET CONTAINS:		CHACQUE COMPRIMÉ CONTIENT:	
<b>MEDICINAL INGREDIENTS</b>		<b>INGRÉDIENTS MÉDICINAUX</b>	
GLUCOSAMINE HYDROCHLORIDE (FROM FERMENTED ASPERGILLUS NIGER CHITIN)	500 mg	CHLORHYDRATE DE GLUCOSAMINE (TIRÉ DE LA CHITINE ASPERGILLUS NIGER FERMENTÉE)	
VITAMIN C (CALCIUM ASCORBATE, ASCORBYL PALMITATE)	75 mg	VITAMINE C (ASCORBATE DE CALCIUM PALMITATE D'ASCORBYLE)	
MANGANESE (GLUCONATE)	1.67 mg	MANGANESE (GLUCONATE)	
POTASSIUM (SULFATE)	31.43 mg	POTASSIUM (SULFATE)	
MAGNESIUM (SULFATE)	14.5 mg	MAGNESIUM (SULFATE)	
MERIVA® BIOAVAILABLE CURCUMIN COMPLEX	82.5 mg	*COMPLEXE DE CURCUMINE BIODISPONIBLE MERIVA®	
CONTAINING: CURCUMIN	14.85 mg	CONTIENT: CURCUMINE	

NON-MEDICINAL INGREDIENTS: MICROCRYSTALLINE CELLULOSE, HYDROXYPROPYLCELLULOSE, SOY LECITHIN, CROSCARMELLOSE SODIUM, DEXTRIN, CALCIUM SILICATE, DEXTROSE, CARBOXYMETHYLCELLULOSE SODIUM, SODIUM CITRATE. / **INGRÉDIENTS NON MÉDICINAUX:** CELLULOSE MICROCRYSTALLINE, HYDROXYPROPYLCELLULOSE, LÉCITHINE DE SOJA, CROSCARMELLOSE SODIQUE, DEXTRINE, SILICATE DE CALCIUM, DEXTROSE, CARBOXYMETHYLCELLULOSE DE SODIUM, CITRATE DE SODIUM.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN PRIOR TO USE IF YOU ARE PREGNANT OR BREASTFEEDING. CONSULT YOUR PHYSICIAN PRIOR TO USE IF YOU HAVE A LIVER DISORDER, GALLSTONES, A BILE DUCT OBSTRUCTION, STOMACH ULCERS, EXCESS STOMACH ACID, OR IF YOU ARE TAKING ANTIPLATELET MEDICATION OR BLOOD THINNERS. CONSULT YOUR PHYSICIAN IF YOU ARE TAKING A PRESCRIPTION DRUG OR HAVE A MEDICAL CONDITION, OR IF SYMPTOMS WORSEN. / **GARDER HORS DE LA PORTEE DES ENFANTS. CONSULTER VOTRE MEDICIN AVANT D'UTILISER CE PRODUIT SI VOUS ÊTES GÉNÉTE OU SI VOUS ALLEZ. CONSULTER AUSSI VOTRE MEDICIN EN CAS DE MALADIE DU FOIE, DE CALCULS BILIAIRES, D'OBSTRUCTION DES VOIES BILIAIRES, D'ULCÈRE D'ESTOMAC OU D'EXCÈS D'ACIDE GASTRIQUE. OU SI VOUS PRENEZ UN MÉDICAMENT ANTIPLAQUETTAIRE, UN ANTICOAGULANT OU UN MÉDICAMENT D'ORDONNANCE, OU SI VOUS SOUFFREZ D'UN PROBLÈME DE SANTÉ OU SI VOS SYMPTÔMES S'AGGRAVENT.**

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING. STORE BELOW 25° C/ CE FLACON EST SCÉLLÉ. N'UTILISER PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE. CONSERVER À UNE TEMPÉRATURE INFÉRIEURE À 25° C.

LABORATORY TESTED. QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY AND DISINTEGRATION, WHERE APPLICABLE. / **TESTÉ EN LABORATOIRE. QUALITÉ GARANTIE. CONFORME AUX NORMES USP EN MATIÈRE DE PUISSANCE, D'HOMOGENÉITÉ ET DE DESINTEGRATION, LE CAS ÉCHÉANT.**

\*MERIVA® IS A TRADEMARK OF INDENA S.p.A. / MERIVA® EST UNE MARQUE DÉPOSÉE D'INDENA S.p.A.

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