

The Science Behind

USANA Procosa®

Bendable Benefits

An active lifestyle is key to staying healthy. With all the physical activities we perform, the deterioration of bone and joint health is a common issue among adults, and especially athletes.

To help support healthy joints USANA created **Procosa®** joint health formula which contains a blend of glucosamine, Meriva® bioavailable curcumin, vitamin C, and other joint-supporting nutrients to provide your body with the building blocks for healthy cartilage.

Oil for Your Hinges—The Importance of Cartilage

Cartilage is the protective layer that provides structure, support, and lubrication for the joints. Buffering our bones from the wear and tear of thousands of movements every day, the cartilage in our joints is gradually worn down. The body slowly rebuilds the cartilage as it is worn and replaces shock-absorbing synovial fluid, ensuring the joints are always protected. For various reasons, however, the production of new cartilage and synovial fluid can fall behind demand. If the substances needed for cartilage repair are in short supply, the recovery from damage can be slowed even further. Glucosamine and vitamin C help supply the components needed to support our body's natural recovery process, while Meriva bioavailable curcumin has been shown to promote joint comfort.

Procosa: What Makes it Work?

- **Glucosamine HCl (hydrochloride)**—vegetarian form. Glucosamine occurs naturally in human tissues. It stimulates the synthesis of glycosaminoglycan, proteoglycan, and hyaluronic acid—the building blocks of joint tissue that form the cushioning layer at the end of bones.
- **Meriva® bioavailable curcumin**
Meriva is an innovative phytosome that delivers water-soluble curcumin wrapped in fat-soluble soy lecithin for dramatically improved stability and absorption.
- **Joint-supporting nutrients**
Vitamin C is essential for collagen synthesis. Collagen is abundant in cartilage and connective tissues. Manganese and calcium silicate (a source of silicon) assist the body in forming connective tissues.

Procosa: What Makes it Better?

- The combination of vegetarian glucosamine HCl with potassium sulfate and magnesium sulfate provides the same results as glucosamine sulfate with exceptional purity and potency.
- Meriva curcumin has been shown in clinical studies to help improve joint comfort in as little as three months.
- Improved bioavailability, verified in a study conducted, in part, by USANA scientists, delivers the same results with fewer pills.
- Added antioxidant benefits from Meriva curcumin and vitamin C.

Keeping your joints healthy will allow you to stay active and keep doing the things you love.



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