



EUROHEALTH®
Guiding You to Good Health



OceanFormula™ - For Healthy Joints and Cartilage

Fact Sheet for Health Professionals (rev. 2016-11-10)

COMPOSITION	Glucosamine sulfate, Chondroitin sulfate, Sea cucumber, MSM (methyl sulfonyl methane) Ginger and Vitamin E.
INDICATIONS	Healthy joints and cartilage (Rheumatoid Arthritis, Osteoarthritis).
DOSAGE FORM	400mg tablets
TOXICITY	None known in recommended doses
CONTRAINDICATIONS	None known
AVAILABILITY	120 tablets packed in sealed tamper proof blister packs.

BIOLOGICAL EFFECTS/ PRODUCT HISTORY Glucosamine chondroitin sulfate complex, also called the “OCEAN FORMULA”, offers the synergistic effect of a number of substances from the sea, all known for their anti-inflammatory properties. All the active ingredients of this product are of marine origin. **Glucosamine sulfate** is normally manufactured by the human body. Its function is to stimulate the production of glycosaminoglycans, which are key structural components of cartilage, and to promote the incorporation of sulfur into cartilage. As some people age, they lose the ability to manufacture sufficient levels of glucosamine and the result is cartilage destruction with pain, deformity and limitation of movement.

There are no natural food sources of glucosamine. Commercially available sources of glucosamine are **derived from the exo-skeleton of shrimp, lobster and crabs**. Glucosamine comes in three different forms, glucosamine sulphate, glucosamine hydrochloride and N-acetyl-glucosamine. The glucosamine sulfate is proven in human studies to be the preferred form, both in regards to absorption, distribution and elimination, and in regards to its clinical effect.

Glucosamine sulfate’s beneficial effects have been proven in many clinical studies. It stimulates the production of substances necessary for proper joint function and is responsible for joint repair.

Chondroitin sulfate is found in most animal tissues, especially around the joints. For supplementation it is usually derived **from shark cartilage**. It works synergistically with glucosamine to protect cartilage from premature breakdown, and to stimulate the production of glycosaminoglycans and collagen needed for healthy new cartilage.

Sea cucumber extract is another compound from the sea, that is commonly used in the treatment of arthritis. In Australia it is an approved over-the-counter arthritis remedy, and several clinical studies, conducted in Australia, have shown its effectiveness.

“OCEAN FORMULA” is a scientifically advanced combination of anti-inflammatory agents, working together synergistically, and relieving pain, reducing stiffness and repairing damaged cartilage in a natural way. It is a true nutraceutical with outstanding safety.

Results are generally experienced within 3 to 6 weeks of use.



INGREDIENTS **GLUCOSAMINE SULPHATE:****DESCRIPTION**

Glucosamine Sulphate is a substance of natural origin, an amino sugar naturally present in our body, mainly in our joints, in the synovial liquid, in tendons, in ligaments, and even in cardiac valves, in the eye, in the blood and in the digestive and respiratory tracts.

Glucosamine comes from chitin (a structural polysaccharides that is part of the skeleton of shellfish and insects) and it is a component of mucopolysaccharides and of glycoproteins which form the cell membranes and the interstitial tissues.

Glucosamine helps the physiological production of the connective tissue and the formation of nails, skin, synovial liquid, tendons, ligaments and bones. In particular, glucosamine is useful in the production of proteoglycans and of glucosaminoglycans and it is used in case of an increase in tissue metabolism or alterations in the joints metabolism.

The Glucosamine Sulphate stimulates the synthesis of glucosaminoglycans (GAG), mucopolysaccharides which are integral part of cartilage components. Moreover, the Glucosamine Sulphate promotes the incorporation of sulphur in the cartilage. Sulphur is an essential nourishing for the articular tissue, it promotes the stabilization of the matrix of the connective tissue, of cartilage, of tendons and ligaments.

CHONDROITIN SULPHATE:

Chondroitin sulphate takes part in the biochemical formation of proteoglycans, molecules used by the connective tissue (particularly in the cartilage connective tissue) for its ability to keep water. Of the digested chondroitin sulphate, only the 10-20% is absorbed, while the other part is digested (in other words it is broken down in other simpler elements) inside the gastrointestinal tract and only after that it is absorbed. There are three different isomers of chondroitin sulphate: the A form which is in the cartilage, in the bones tissue, in corneas, in the skin and in the arterial wall; the B form is present in the skin, in the cardiac valves, in the arterial walls and in tendons; the C form is common in fishes (shark's cartilage), and even in men. Some parts of the shark cartilage are used to make supplements.

It is not considered an "essential component" for healthy people, but the quantity contained in every diet is not significant. The chondroitin sulphate supplementation usually is combined with the glucosamine sulphate as a nourishment for joints and for the prevention and the treatment of osteoarthritis. It works moderately in the treatment of osteoarthritis. It extends the coagulation time. It is useful in the atherosclerosis. It decreases the levels of triglyceride and of cholesterol.

MSM:

The MSM (or Methylsulfonylmethane) is a form of biologically active sulphur, in other words the organic sulphur in its natural form as we can find it in the sea, in the ground or in the atmosphere. Some think that this form of sulphur is much more suitable for the alimentary integration of the mineral.

This type of sulphur can be easily integrated in our body without provoking any allergic side effects. The body needs it for the construction of nearly all the most important biomolecules (enzymes, hormones, amino acids, antibodies, antioxidants). It is for human body one of the four basic minerals and it takes part in many of its functions and in every cell.

Even if it doesn't fight androgenic baldness, it is used in particular to speed up the natural growth of hair. If used continually, hair grow faster and thicker. This is a valuable help for everybody who is bald, for everybody who is trying to make them grow with anti baldness products or for everybody who made a hair autotransplant.

It plays a fundamental role in the maintenance of the integrity of joints and in the elasticity of connective tissue. Sulphur is the principal component of glycosaminoglycans and of others principal components of the cartilaginous tissue. All these substances create a kind of protective gel which works as a matrix for tendons, cartilage, skin and bones.



SEA CUCUMBER:

It belongs to the echinoderms stock (as the starfish and the sea-urchin). Its skeleton is made of tiny bones which are locked in slimy tough skin. In the East (Malaysia, Japan, Indonesia, Philippines, ec) it is collected and used as food for more than 1000 years.

Sea Cucumber is a marine organism which contains a defensive toxin which is useful for the treatment of some diseases.

If it is taken orally, it can be a good anti-inflammatory agent to face different types of osteoarthritis, tendinitis, sport wounds and articular pains. It is widely used in homeopathy and it is 25 times more powerful than aspirin as painkiller and to reduce inflammations. According to a research made in 1992 by the Queensland University in Australia, it has been discovered to be a good anti-arthritis. In fact, it has been approved by the local Department of Health as effective treatment for inflammations and arthritis. A lot of consumers have verified that sea cucumber has got ant-inflammatory properties higher than any other healing herbs or synthetic drugs like aspirin.

Sea Cucumber is composed also by saponin (triterpene glycoside). These compounds have a similar structure to sang active constituents and to other plants with tonic qualities. Many pharmacological studies have shown that saponins contained in the sea cucumber could be responsible for the well-documented anti-inflammatory and anti-cancer actions of this marine animal.

The sea cucumber extract contains also other 2 anti-inflammatory fractions. The first one, characterized by fatty acids typical of fishes (eicosapentaenoic acid) and that can be used as a replacement for fish oil to decrease the secondary inflammatory effects typical of fat metabolism and to tone up heart and brain. The second one, is a mixture of ramified chain of fatty acids, in particular of metil-tetradecanoic acid.

This compound is a powerful suppressant of lipoxigenase enzyme. All suppressants of this enzyme are key compounds of the development of some new drugs that are going to be studied for asthma, ulcerative colitis and arthritis. Moreover, it has been served a suppressant effect of cancer in some preliminary studies on prostate cancer cells and on other carcinogenic human cells.

GINGER:

It has an anti-ulcer function and it is also a suppressant of the prostaglandin and of the platelet gathering. It increases the the bile secretion, it is hepatoprotector, hypotensor, bradycardic, anti-ulcer and stimulant. It acts on the central nervous system with an anticonvulsant and analgesic activity.

Ginger is a general stimulant and also an effective restorative known by Chinese pharmacopoeia to fight tiredness and asthenia.

In the Asiatic medicine, ginger is considered a "hot" spice which stimulates the blood circulation, relaxes the peripheral blood-vessels, obstructs vomit, it has a spasmolitic effect, encourages the digestion, is antifatulent and antiseptic. In China, the ginger root is considered an effective Yang tonic, that helps to reinforce the masculine energies of fire and vitality.

Some medical researches made recently in Japan and in Europe have shown the therapeutic effects of ginger and of its different compounds. The principal substances contained in it are the essential oil with zingiberene, the gingerol and the shogaols, which helps the digestion and stimulates the body, all the enzymes and the anti-oxidants, with anti-aging proprieties. Even if some old studies suggest an effect on the platelet gathering, this is denied by recent data.

VITAMIN E:

The vitamin E, liposoluble, is composed by a group of compounds named tocopherols. In nature there are seven different types of tocopherols: alpha, beta, delta, epsilon, eta, gamma and zeta. Among all these the alpha-tocopherol is the most powerful form of Vitamin E and it has a high biologic and nutritional value. It is soluble in fats and oils.



It is the antioxidant vitamin par excellence and also it protects the lipids of cell membrane the LDL (low-density lipoproteins), main target of the free radicals. In fact, thanks to the carnosine (enzyme) it makes a clean sweep of free radicals.

It is one of the most active substances against free radicals coming from oxygen (consequently even the superoxide anion). It is really useful in the prevention of arteriosclerosis, effective against cardiovascular diseases, indispensable in the prevention of cancer, fundamental for the right functioning of muscles, necessary for an adjust functioning of the reproductive apparatus.

If the alpha- tocopherolacetat is well carried, it is absorbed by the skin, it has a moisturizing, anti-inflammatory and lenitive functions. Applied on the skin it decreases the formation of lipoperoxides and it reduces the photoaging.

The Vitamin E is an antithrombin and it is really effective in the blood current because it inhibits the blood coagulation and in this way it prevents the formation of thrombus. Moreover, it stimulates the urinary secretion, helping heart patients whose body tissues contain an excessive quantity of liquids (oedema).

As diuretic, the Vitamin E is effective in equilibrating the hypertension.

Standard of the characterizing ingredients for daily dosage of 8 tablets:

Component	Daily Dosage of 8 tablets
Glucosamine Sulphate	560 mg
Chondroitin Sulphate	160 mg
Sea Cucumber	160 mg
Ginger ES	160 mg
MSM	120 mg
Vitamin E	30 mg

SUGGESTED USAGE Based on weight.

For individuals weighing:

- Less than 70kg (150 lbs) = 4 tablets twice daily for 2 months, thereafter 2 tablets twice daily.
- 70-90kg (150-200 lbs) = 5 tablets twice daily for 2 months, thereafter 3 tablets twice daily.
- Over 90kg (200 lbs) = 6 tablets twice daily for 2 months, thereafter 4 tablets twice daily.

STORAGE Store at or below 20° C in sealed containers in a dry place.

DISCLAIMER: *The information presented is intended for educational purposes for health professionals and practitioners. It is obtained from published research and books. It is not intended to be prescriptive, nor replace the care of a licensed health professional in the diagnosis and treatment of illness.*

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