

JCTH

FOOD COMPOUND VITAMIN

JOINT & CONNECTIVE TISSUE HEALTH

JCTH™ was designed by a team of Clinical Nutritionists to nutritionally support and enhance the health of the skeletal system, joints and connective tissue. JCTH™ is a unique combination of select nutritional compounds and botanicals with nourishing whole foods and essential nutrients. JCTH™ was created to help alleviate many of the common complaints associated with a decline in muscular-skeletal health. JCTH™ has been used successfully for relieving conditions such as tendonitis, bursitis, rheumatic type aches, joint pains, joint stiffness, back pain and diagnosable arthritis. JCTH™ is also helpful in improving recovery time from sports injuries.

There are four ways in which the JCTH™ formula helps to improve and maintain joint and connective tissue health:

TARGETED NUTRITIONAL SUPPORT

JCTH™ was formulated with key essential nutrients known to help normalize cellular biochemistry throughout the body, including the cells of muscles, bones, tendons, and joints. These nutrients also help to: facilitate the synthesis of new proteins, improve the integrity of cellular membranes, support the repair of damaged DNA, and help in the destruction and removal of toxins from tissues. All of these physiological actions in the body are critical for long-term improvement of muscular-skeletal health. Calcium, the most abundant mineral in the body, is essential for maintaining bone health. Magnesium is also essential for bone health. Magnesium is an extremely important muscle-relaxant and may contribute enormously to the relief of muscles that are in spasm or are tense. In addition, the Complete Active Range™ of whole foods in RightFoods™ JCTH™ provides joint cartilage and its supportive collagen structure with protective and restorative nourishment and reduced free radical damage.

SUPPORTS CARTILAGE PRODUCTION

Glucosamine sulfate and Chondroitin are key compounds in JCTH™ that specifically support cartilage health. Studies have suggested that these two compounds work best when taken together. Glucosamine sulfate stimulates the manufacture of glycosaminoglycans, key components of cartilage, making it very helpful in promoting connective tissue health. Clinical studies have also shown that Glucosamine may help to stimulate joint repair. Chondroitin sulfate is a natural substance found in cartilage where it performs three

important functions that keep cartilage healthy: it attracts water which helps to improve joint structural integrity and fluidity, supplies other nutrients to joint connective tissue and inhibits the body's production of enzymes known to break down joint tissue.

PROMOTES COLLAGEN PRODUCTION

Collagen is a natural component of tendons, joints, ligaments, muscles, hair, etc. Collagen production declines with age, resulting in a breakdown of lean muscle and connective tissue. Supplementation of sulfur containing nutrients can help to maintain and rebuild collagen in the body.

MSM (Methyl-sulfonyl-methane) provides the body with a bio-available form of organic sulfur to form collagen for healthy joints and muscles. MSM is also known to help promote blood supply to joints and optimize joint function. Silicon, from the herb horsetail, contributes to the formation of collagen. It is also needed as a cofactor in calcification of bones.

HELPS TO REDUCE INFLAMMATION

Green Lipped Mussel, boswellia and bromelain were included in JCTH™ as these botanicals and foods work to strengthen the physical condition and also have anti-inflammatory properties in the body.

Green Lipped Mussel: is a nutritional whole food that possesses an exceptional degree of biological activity. It is rich in numerous beneficial compounds, including mucopolysaccharides, which are known to exhibit anti-inflammatory activity. Mucopolysaccharides also enable calcification, or hardening of the bones to take place.

Boswellia: is an Indian tree that produces a gummy resin that has a long history of use in Indian herbal medicine as a treatment for arthritis and bursitis. It is believed that compounds found in the resin exhibit potent anti-inflammatory actions, which help to relieve symptoms of joint and tissue conditions.

Bromelain: is a plant enzyme commonly used as digestive aid, but it also has beneficial anti-inflammatory activity in the joints and muscles.



Supplement Facts

Serving Size 3 Tablets

Amount per Serving		% Daily Value ▼
Vitamin C	(Vitamin C, Carrot*)	25 mg 42
Vitamin D	(D3, Alfalfa*)	100 IU 25
Vitamin K	(K1, Kale*)	30 mcg 38
Riboflavin	(B2, Pumpkin Seed*)	2 mg 120
Vitamin B6	(B6, Green Pepper*)	8 mg 400
Calcium	(AAC†, Hydrilla*)	100 mg 10
Iodine	(Kelp*)	100 mcg 67
Magnesium	(AAC†, Alfalfa*)	100 mg 25
Zinc	(AAC†, Black Currant*)	4 mg 27
Copper	(AAC†, Lemon Peel*)	1 mg 50
Manganese	(AAC†, Wild Blueberry*)	2 mg 100
Molybdenum	(AAC†, Spinach*)	25 mcg 33
Glucosamine Sulfate		500 mg **
Chondroitin Sulfate		400 mg **
Methylsulfonyl-methane (MSM)		400 mg **
Green Lipped Mussel		500 mg **
Boswellia (60% Boswellic acids)		100 mg **
Bromelain (1200 gdu/g)		50 mg **
Boron (AAC†, Broccoli*)		2 mg **
Silicon (from horsetail)		10 mg **
Electrolytes		30 mcg **

Complete Active Range™ Food Compounds:

Terpenes (Carotenoids^{††}: Kelp 3:1, Carrot 3:1), (Limonoids: Orange 3:1, Lemon 3:1), (Saponins: Alfalfa 3:1), (Lycopene: Tomato Extract 4:1); Phenols (Betanin: Beet 3:1), (Anthocyanins: Cranberry 25:1, Wild Blueberry 7:1), (Flavonoids: Citrus 3:1, Acerola 4:1, Rose Hips 4:1), (Isoflavones: Kudzu 10:1); Amines (Enzymes: Green Papaya 3:1); Polysaccharides (Rice Bran 3:1, Shiitake 3:1), (Pectin: Apple 3:1); Organosulfurs (Indoles: Cabbage 3:1), (Sulfuraphanes: Broccoli 5:1), (Isothiocyanates: Kale 3:1), (Thiosulfonates: Onion 3:1); Lipids (Omega-3: Flax 3:1), (Sterols: Pumpkin Seed 4:1), (Isoprenoids: Spinach 3:1); Organic Acids (Ellagic Acid: Black Currant 3:1), (Coumaric Acid: Green Pepper 5:1)..... 100 mg **

Total Food & Herb Fresh Weight is 1,435 mg.

Other Ingredients: Guar Gum, Stearic Acid.

* Food extract with potency up to 50 times their actual weight.

** Daily Value not established.

† Amino Acid Chelates are superior to many other mineral forms.

†† Carotenoids including Lutein, Zeaxanthin, Cryptoxanthin, Alpha-Carotene, and Lycopene.*

VITAMINS ALONE ARE NOT ENOUGH

As the demand for dietary supplementation grew, vitamins and minerals were pharmaceutically isolated and manufactured into pills without food. Unfortunately, scientists noticed that the biological activity of these isolated nutrients was notably lower than the activity of the same nutrients combined with other compounds contained in food. To compensate for the lost biological activity of synthetic vitamins and minerals, higher doses were recommended. For decades people assumed if they took a “complete” multi-vitamin, they would be getting all the nutrients they needed for good health. New research has shown that high dosages of vitamins and minerals cannot replace the health benefits of the missing food compounds. As scientists discovered the powerful health-promoting activities of food compounds in the body and their interaction with other nutrients, it became clear that vitamins and minerals alone are not enough for optimal health. Food compounds are the key to complete nutrition and wellness.

COMPLETE ACTIVE RANGE

Each of the thousands of identified food compounds has been placed by its organic structure into one of the seven classes: terpenes, organosulfurs, phenols, organic acid polysaccharides, lipids, and amines. Studies have indicated a diet that includes all seven classes is vital to optimal health because each food compound class exhibits unique health-promoting activities in the body.

JCTH™ is created from a select group of 26 foods to fully represent each food compound class. This representation is called the Complete Active Range™, a quality unique RightFoods™. Each tablet of JCTH™ includes foods such as spinach, kale, onion, carrot, pumpkin seed, flaxseed, broccoli, tomatoes, wild blueberries, rice bran, cranberries, and more. No other joint support formula offers as much food as many different foods as RightFoods™ Food Compound Vitamins.

“ By recommending that my patients take JCTH™ incidental to my chiropractic care, I have found, in many cases, that my chiropractic adjustments are more effective, that joint injuries heal faster and more complete, and arthritic pain and stiffness is greatly reduced.” - Dr. Albert J. Rose, DC, Mountainside, NJ

Recommended usage: Three tablets, twice daily or as recommended by a health care professional.

To achieve optimal health and a superior nutritional foundation, health care professionals recommend taking JCTH™ with our RightFoods™ Food Compounds: Complete Life™, One Daily™, Women’s Daily™, Men’s Daily™ or Senior’s Daily™.

It is prudent to consult with your health care professional and/or pharmacist before taking supplements with prescription over-the-counter medications.

All of RightFoods™ products are FREE from Corn, Dairy, Wheat, and Yeast.
All are formulated WITHOUT Artificial Colors, Flavors, Sugars, or Preservatives.
Free of GMOs based on average analysis. Tested Six Times For Potency And Purity.

BioSan Laboratories, Inc.
An FDA Registered Establishment

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Statements in this brochure have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.