



## 50+ Protein, Fibre, Joint and Bones Vanilla

RED 8 | R83040

- GMO Free
- Dairy Free
- Gluten Free
- High Protein Low Fat and Low Carbohydrate
- Made from soy protein isolate
- Excellent recovery aid after exercise, or food for rehabilitation during convalescence from illness or injury.
- Provides high biological value (BV) protein, important in later years to maintain muscle integrity
- Contains added Glucosamine Sulphate for joint health
- Contains added Calcium Citrate for bone health
- Contains added Fructo-oligosaccharides (FOS), a prebiotic fibre source for gastro intestinal health
- Convenient source of great tasting dietary protein
- Available in Vanilla flavour only

### SUITABLE FOR

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- Those suffering from joint stiffness or looking to support healthy joints
- Those suffering looking to promote healthy digestive function
- Those looking to support bone health
- Athletes and physically active individuals suffering from the wear and tear of cartilage or wishing to keep joints healthy

## DIRECTIONS FOR USE

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Mix 3 rounded dessert spoons in 400ml of water or selected beverage, shake or blend.

Add ice to the blender for an iced shake.

## FREE FROM

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- Gluten
- Dairy
- Artificial sweetener
- Artificial colouring

## CAUTIONS

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- Should be consumed in conjunction with an appropriate physical training or exercise program.
- Not a sole source of nutrition and should be consumed in conjunction with a nutritious diet.
- Not suitable for children under 15 years of age or pregnant women unless advised by a healthcare practitioner.

## ADDITIONAL INFORMATION

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### What is Glucosamine Sulphate

- Helps to support healthy joint mobility
- Assists to maintain healthy joints and cartilage

### How does it work?

Glucosamine sulfate is a chemical found in the human body. It is used by the body to produce a variety of other chemicals that are involved in building tendons, ligaments, cartilage, and the thick fluid that surrounds joints. Joints are cushioned by the fluid and cartilage that surround them. In some people the cartilage breaks down and becomes thin. This results in more joint friction, pain, and stiffness (known as osteoarthritis). The "sulphate" part of glucosamine sulfate is also important. Sulphate is needed by the body to produce cartilage.

PACK SIZES

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- R83040 - 500g

ACTIVE INGREDIENTS

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Non GMO Soy Protein Isolate

Nature Identical Flavours

Maltodextrin

Fibrulose

Glucosamine Sulphate

Calcium Citrate

Xantham Gum

Stevia