

## Joint Support: Defining the Essential Ingredients

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# Key ingredients for joint support



Explaining the vocabulary behind your dog's [joint support products](#).

**Antioxidants:** (Vitamins A, C, E, citrus bioflavonoids, quercetin, DMG, grape seed extract, selenium, zinc) help neutralize free radicals, molecules that damage the cells, including those in the joints and in the skin.

**ASUs:** extracts of avocado and soybean oils that help support production of cartilage and the body's response to the normal, day-to-day destruction of collagen, a component of cartilage. Research supports its importance to healthy cartilage and to increasing effectiveness of glucosamine.

**Bromelain & Boswellia:** plant-derived extracts, these support the normal regulation of the immune system. A properly regulated immune system is necessary for joint health.

**Chondroitin:** building block of cartilage that helps the normal lubricating and cushioning activity of joint fluid.

**Glucosamine:** compound found naturally in the body that provides building blocks to synthesize new cartilage. Helps cartilage producing cells function properly. Natural glucosamine production slows with age.

**Manganese:** mineral essential to the formation of connective tissue such as cartilage; helps keep bones strong.

**MSM:** methylsulfonylmethane is a naturally-occurring compound and an organic source of sulfur used in normal cartilage production.

**NSAID:** non-steroidal anti-inflammatory drug – widely used to help treat arthritis, since it relieves pain, inflammation, and stiffness.

**Omega-3 Fatty Acids:** helps regulate the cell's (including cells in joints and in skin) response to certain chemical factors, and helps stabilize cells against the effects of potentially destructive substances.

**Perna Mussel:** mussel that's a natural source of glucosamine and glycosaminoglycans, building blocks of cartilage. Perna is also a source of Omega-3 fatty acids.

## Joint Support Products We Recommend



Drs. Foster & Smith Joint Care Premium Plus® Tablets



Drs. Foster & Smith Joint Guard® Chewy Treats



Drs. Foster & Smith Joint Care Extra Strength Soft Chewables