

INTEGRATING
WESTERN MEDICINE,
NUTRITION AND
EASTERN TRADITIONS

THE CENTER FOR
**INTEGRATIVE
MEDICINE**

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JACK-B-NIMBLE

Elbow Grease

- Important for patients with joint pain
- Targets patients with joint swelling
- All-natural, non-prescription

Joints are lined by a thin but very important layer of slippery, shiny cartilage. In an arthritic joint, the cartilage becomes dry and brittle. The combination of glucosamine and chondroitin has been clinically studied in patients with various forms of arthritis. to support healthy, moist, and resilient cartilage.

Our glucosamine-chondroitin product, Jack-B-Nimble, is important for patients with joint pain, swelling, and who want to reduce their use of NSAIDs (Non-Steroidal Anti-Inflammatory Drugs, like ibuprofen, naprosyn).

Jack-B-Nimble is all-natural and without the side effects of prescription and Over-The-Counter NSAID pain killers, with added emphasis on 'killer.'

Usual Dosage: Take two capsules mid-morning and two capsules mid-afternoon, preferably on an empty stomach.