

## Joint Health and Athletic Performance

Joints are the flexible connections between bones in the body. The human body has over 230 joints that enable it to perform simple and complex movements. Generally, we take the proper function of our joints for granted until we experience difficulty from overexertion or injury. Maintaining healthy joints can help the body move comfortably during physical activity and improve the overall quality of our lives as we age. As with all body tissues, joints and connective tissues depend on a constant supply of nutrients to perform their important functions.

### Supplements

**Muscle Relaxer** provides rapid cramp and spasm relief, eases nerve and muscle pain, and can even decrease headache symptoms and PMS cramping.

**Ultra Daily Packs for Men and Women** are comprehensive dietary supplements.

[MSM and Glucosamine Cream](#) - a blend of natural soothing emollients for joint discomfort relief.

[MuscleEase](#) - Supports overworked muscles, and those experiencing occasional muscular tension. This formula contains a natural and unique combination of valerium, passion flower and white willow with calcium magnesium to promote proper muscle function.

[Cartilage Companion & Glucosamine](#) and condrotin with MSM and Omega 3-6-9 - this formula contains the three most popular supplements to support joint health, plus Omega fatty acids.

[\\*Sam-e 400mg Double Strength](#) - Boosts mood and emotional well-being, promotes healthy liver function and aides joint support. Sam-e is involved in over 35 biochemical reactions involving enzymatic transmethylation. The methylation process is a mechanism by which the body rids itself of potentially damaging compounds, signs the sizes neurotransmitters, regulates enzyme activity within the cell and maintains the flexibility of cell membranes.

[Ultra MultiLogics® for Women](#)  
[Ultra MultiLogics® for Men](#)

[Hyaluronic Acid](#) - is found in all the connective tissues of the body, including the ligaments and tendons, where this plays a role in lubrication.

[Physio Whey Powder](#) - Rich source of whey protein. Natural vanilla flavor.

[Pycongenal](#) - Super antioxidant to support circulatory health, joint function, immune system, eye health and supports blood sugar metabolism.

[Phytototality Daily Greens Formula](#)



**CALMGLOW**  
HEALTHY LIVING  
SOLUTIONS

*The information provided is not meant as a replacement for a physician's care. Some or all of the above may help you feel more balanced and give you an overall increased sense of wellbeing.*