



Skeletal

Procosa®



Unique joint-support supplement with vitamin C and the InCelligence™ Joint-Support Complex

USANA's Procosa supplement helps maintain and protect joint health with vitamin C and a unique InCelligence Joint-Support Complex made with vegetarian glucosamine and Meriva® bioavailable curcumin.*

THE BENEFITS OF PROCOSA

Healthy joints allow the bones to move together comfortably. However, in some individuals, the cartilage breaks down and becomes thin, resulting in more joint friction, discomfort, and stiffness.

In addition to a healthy diet and maintaining moderate physical activity, the unique blend of the InCelligence Joint-Support Complex (formulated with USANA InCelligence Technology™), vitamin C, and other nutrients can help support optimal joint health and function, so you can maintain an active, independent lifestyle.*

THE SCIENCE OF PROCOSA

Between the bones is a narrow space—the joint cavity. Your bones are capped with cartilage, which gets its lubrication and nutrients from synovial fluid, which also acts like a shock absorber. If synovial fluid and cartilage deteriorate, the spacing between the bones narrows, and eventually the bones will rub together.

Research has shown that joint space can be better maintained in those who take glucosamine. Glucosamine also stimulates production of hyaluronic acid, which is responsible for the lubricating and shock-absorbing properties of synovial fluid.*

Glucosamine is a well-absorbed amino sugar that helps regulate normal cartilage formation by encouraging production of collagen and by acting as a building block for proteoglycans. Proteoglycans are essential for healthy cartilage because they bind the water that lubricates and cushions the joint.*

Meriva® is an innovative phytosome that combines curcumin with a phospholipid, so it passes through cell membranes more easily, making it nearly 30 times more bioavailable than traditional curcumin preparations. A potent antioxidant that helps protect joint cells, Meriva has been shown to support joint comfort and function.*

Together, glucosamine and Meriva make up the InCelligence Joint-Support Complex. In addition to the benefits listed above, there are two key cell-signaling processes the complex is designed to promote:

- Exercise can stimulate the immune system and result in temporary inflammation, which is part of the body's natural recovery mechanism for restoring normal structure and function to muscles and tendons. The InCelligence Joint-Support Complex influences the signaling pathways that modulate these responses to help proactively promote a healthy immune and inflammatory response after exercise.*
- Chondrocytes (cartilage cells) maintain healthy function through a natural cell renewal process in which damaged organelles in joint tissue are broken down and removed through a process called autophagy. However, age or other lifestyle factors may slow this process. The InCelligence Joint-Support Complex helps activate autophagy to renew healthy joint-cell function to preserve healthy articular cartilage and support healthy joint aging.*

Procosa also delivers 225 mg of vitamin C because it promotes collagen synthesis. Collagen is one of the main structural proteins that supports the integrity and strength of ligaments and tendons to maintain joint stability.*

THE USANA DIFFERENCE

The InCelligence Joint-Support Complex in Procosa was created using a unique combination of Meriva bioavailable curcumin with high-quality glucosamine hydrochloride. By blending the hydrochloride form of glucosamine with the potassium and magnesium sulfate in the formula, Procosa provides the same benefits of glucosamine sulfate without using shellfish or other animal-based ingredients. Not only is it one of the few vegetarian formulas available on the market, the addition of vitamin C makes Procosa a highly effective, comprehensive approach to joint health.*

*Meriva® is a trademark of Indena S.p.A.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Available for MyHealthPak™



InCelligence

ITEM #131

DIRECTIONS: TAKE THREE (3) TABLETS DAILY, PREFERABLY WITH MEALS.

SUPPLEMENT FACTS		
SERVING SIZE: 3 TABLETS		
AMOUNT PER SERVING		%DV
VITAMIN C (AS CALCIUM ASCORBATE)	225 mg	375%
MANGANESE (AS MANGANESE GLUCONATE)	5 mg	250%
MAGNESIUM (AS MAGNESIUM SULFATE)	43 mg	11%
POTASSIUM (AS POTASSIUM SULFATE)	94 mg	3%
GLUCOSAMINE HCL (VEGETARIAN)	1500 mg	†
MERIVA® BIOAVAILABLE CURCUMIN COMPLEX	247 mg	†

† DAILY VALUE NOT ESTABLISHED.

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, MODIFIED CELLULOSE, SOY LECITHIN, CROSCARMELOSE SODIUM, ASCORBYL PALMITATE, DEXTRIN, CALCIUM SILICATE, DEXTROSE, SODIUM CITRATE. CONTAINS SOY.

MERIVA® IS A TRADEMARK OF INDENA S.p.A. KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION WHERE APPLICABLE.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SEAL IS BROKEN OR MISSING. USANA HEALTH SCIENCES, INC., 3838 W. PARKWAY BLVD., SALT LAKE CITY, UTAH 84120, USA.

STORE BELOW 25° C MADE IN USA

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