**Recommended Dosage**

Take 3 tablets daily after a meal, or as directed by a healthcare practitioner.

Consult your physician, health care practitioner, and/or pharmacist regarding any health problem and before using any supplements or before making changes in prescribed medications. The information presented herein is in no way intended as a substitute for medical counselling. Always read and follow label directions and warnings.

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**Replenex**

**Supplement Table**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glucosamine hydrochloride (derived from seafood)</td>
<td>500mg</td>
</tr>
<tr>
<td>Bromelain</td>
<td>25mg</td>
</tr>
<tr>
<td>Calcium (as carbonate)</td>
<td>100mg</td>
</tr>
<tr>
<td>Camellia sinensis (green tea) standardised extract equivalent to dry leaf</td>
<td>600mg (Equiv. catechins 16.6mg)</td>
</tr>
<tr>
<td>Zingiber officinale (ginger) extract equivalent to dry rhizome</td>
<td>240mg</td>
</tr>
</tbody>
</table>

Also contains tableting aids. No added yeast, dairy products, lactose, sodium chloride, gluten, artificial colouring, flavouring or preservatives. Store below 30˚C.

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**The Need**

Joint health concerns affect most of us during our lives. Whether it be through age-related wear and tear or strenuous exercise.

**Competitive Solutions**

Many glucosamine supplements don’t contain glucosamine HCl—the most absorbable form of glucosamine.

**The Melaleuca Solution**

Replenex addresses joint health by supplying 1,500 mg of high-potency glucosamine HCl and a proprietary blend of bromelain, ginger, and green tea extract. For extra cushioning and relief, Replenex Extra Strength adds chondroitin, MSM and our A.I. Blend.

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**When you think of the things that delight you the most in life, it probably involves movement: walking on the beach, playing with your kids, hiking in the mountains, building, or crafting something. Movement makes the greatest joys in life possible!**

Every movement you make is dependent on your joints: structures in the body where two bones meet. Your knees, hips, elbows, wrists, and ankles are all major joints.

Take your knee joint for example. Your knee includes one bone coming down from your thigh and another coming up from your ankle. This joint is surrounded by a transparent tissue called the synovium, which protects the joint and produces a fluid (synovial fluid) to nourish and lubricate the joint. Joint cartilage (called articular cartilage) covers the ends of the bones and provides a virtual friction-free surface between them. Articular cartilage also serves as a true “shock absorber.”

Regular, everyday movements we take for granted result from the action of muscles across joints. Even simple activities, like turning a doorknob or opening a jar, require controlled, efficient movement of more than 20 joints. Skillfully playing basketball or volleyball involves more than 100 joints. So it’s easy to see how important it is to maintain good joint health. But many people ignore joint needs.

Replenex, with its patented formula of 1,500 mg of pure glucosamine HCl and a proprietary blend of free radical fighting ingredients, promotes healthy joints and helps support joint function and flexibility.

For those times when you need extra care, Replenex Extra Strength adds the natural soothing and cushioning power of chondroitin, MSM, and our A.I. Blend.
Replenex's Glucosamine: The Natural Alternative to Boost Joint Health

The main joint-rejuvenating ingredient in Replenex is glucosamine HCl. Glucosamine is a natural amino sugar found abundantly in your body. As “nature's oil can,” glucosamine helps keep your cartilage lubricated and maintain its slippery texture. Cartilage, which is a form of connective tissue, is equipped to maintain itself—using glucosamine as a building block. In fact, scientists believe glucosamine is the single most important component of the nutrients that make up cartilage.

In addition to being a maintenance nutrient, glucosamine has been shown in studies to help sustain the production of those components which provide natural support to your joints.

The daily dose of 1,500 mg of glucosamine HCl in Replenex assists your body in maintaining its natural supply of this vitally important nutrient. How effective is glucosamine supplementation? Well, scientists compared 40 patients taking glucosamine with 40 patients taking a placebo. When cartilage samples were taken from a few of the patients, those who had taken the glucosamine supplement showed cartilage that appeared more healthy and well-maintained!

Replenex's Proprietary Ginger, Bromelain, and Green Tea Extract Blend

Replenex doesn't simply stop at helping rebuild your cartilage by topping off your natural glucosamine levels. This patented formula also includes a proprietary blend of ginger, bromelain, and green tea extract. These three natural ingredients help prevent free radical damage, boost glucosamine absorption, and promote healthy joint function—so you feel and move better.

Ginger: A Mighty Spice for Joint Health and Nausea Prevention

Ginger has been used as a food and medicine for millennia. Arabian traders carried the pungent ginger root from China to India where it eventually made its way to ancient Greece and Rome. In modern times, Germany's Commission E approved ginger as a natural treatment for occasional indigestion and motion sickness. Another study showed ginger has benefits for joint health.

Green Tea Extract: A Powerful Antioxidant

Green tea— the dried leaves of the Camellia sinensis plant—has been used by people for nearly 5,000 years. More than just a tasty beverage, scientific research in recent years has confirmed the presence of various substances in green tea which provide many health benefits. Green tea has been credited with helping promote good health and a healthy cardiovascular system.

Green tea is rich in polyphenols and bioflavonoids—naturally occurring compounds found in fruits, vegetables, garlic, and a few other foods. In his bestselling book, The Arthritis Cure, Dr. Jason Theodosakis, states "Bioflavonoids [a type of antioxidant] help to keep the collagen (an important part of the cartilage matrix) strong. They also prevent free radical damage." Dr. Theodosakis goes on to list green tea as a natural source of bioflavonoids.
“Thanks to Replenex for the improvement in my knees. Five years ago I didn’t think I would be able to continue playing tennis as I had bad knees from netball days and a Baker’s cyst appeared behind my knee, which is caused from extreme swelling and eventually protrudes like an egg from the back of the knee. The Specialist said I needed a knee replacement but I wasn’t old enough so to come back in ten years. Several months after that I was introduced to Melaleuca and started taking the Replenex, within six months the Baker’s cyst slowly subsided and my knees improved with reduced swelling. Four years on and consistently taking Replenex, I can play tennis and golf with no swelling in the knees and have even won the Ladies Singles Tennis Championship title for the last two years!”

Jenny Poett, Western Australia

*Individual results will vary.*

**Supporting Research**


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**A Little Extra Support When You Need It Most**

Whether it was too many hours kneeling in the flower garden, or a strenuous mountain trek, there are occasions where our joints could use a little extra support. That’s why Melaleuca created Replenex Extra Strength with powerful natural ingredients shown to help soothe and comfort joints:

- **Chondroitin** A structural component of cartilage that provides resistance to compression
- **MSM** An important building block of connective tissue that helps keep joints strong
- **A.I. Blend** A proprietary blend of natural ingredients that soothe and comfort joints

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**Which Replenex Formula Is Right for Me?**

Your individual needs will change as you age or vary your activity level. This chart is a good starting point to help you pick the formula that best meets your needs. Choose the formula that most closely aligns with your lifestyle profile.

<table>
<thead>
<tr>
<th>Which Is Right for You?</th>
<th>Age</th>
<th>Activity Level</th>
<th>Current Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Replenex</td>
<td>&lt; 50 years</td>
<td>Light to Moderate</td>
<td>Recommended to Slightly Overweight</td>
</tr>
<tr>
<td>Replenex Extra Strength</td>
<td>50 years +</td>
<td>Moderate to Strenuous</td>
<td>Overweight to Obese</td>
</tr>
</tbody>
</table>

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**The Natural Way to Maintain Your Mobility**

Replenex and Replenex Extra Strength keep you feeling great and moving full speed ahead. By providing specially selected, heavily researched joint-health ingredients, these formulas help rebuild and strengthen joints so you can enjoy greater mobility and flexibility. So whether you’re gearing up for a strenuous mountain climb or just enhancing daily mobility, you’ll find the Replenex formula to match your lifestyle.