

# Proveda Nutricio Ortho Tablets

Bone & Joint Health



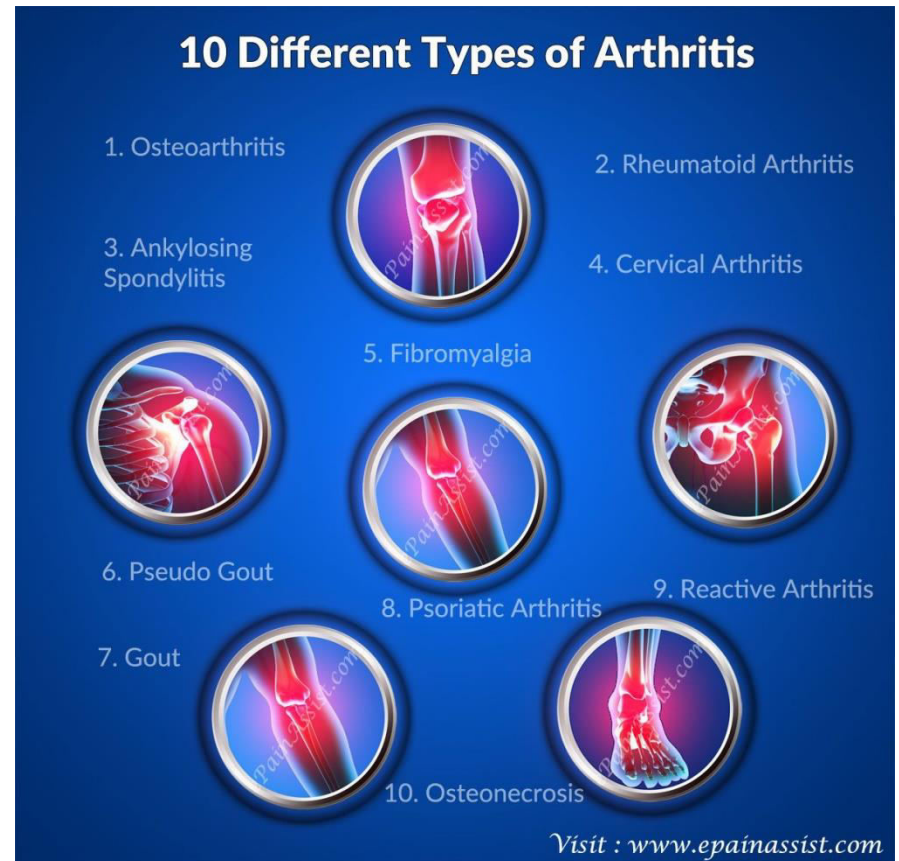
# Arthritis

- Inflammation of one or more joints, causing pain and stiffness that can worsen with age.
- Different types of arthritis exist, each with different causes including wear and tear, infections and underlying diseases.
- Symptoms include pain, swelling, reduced range of motion and stiffness.
- Medication, physiotherapy or sometimes surgery helps reduce symptoms and improve quality of life.



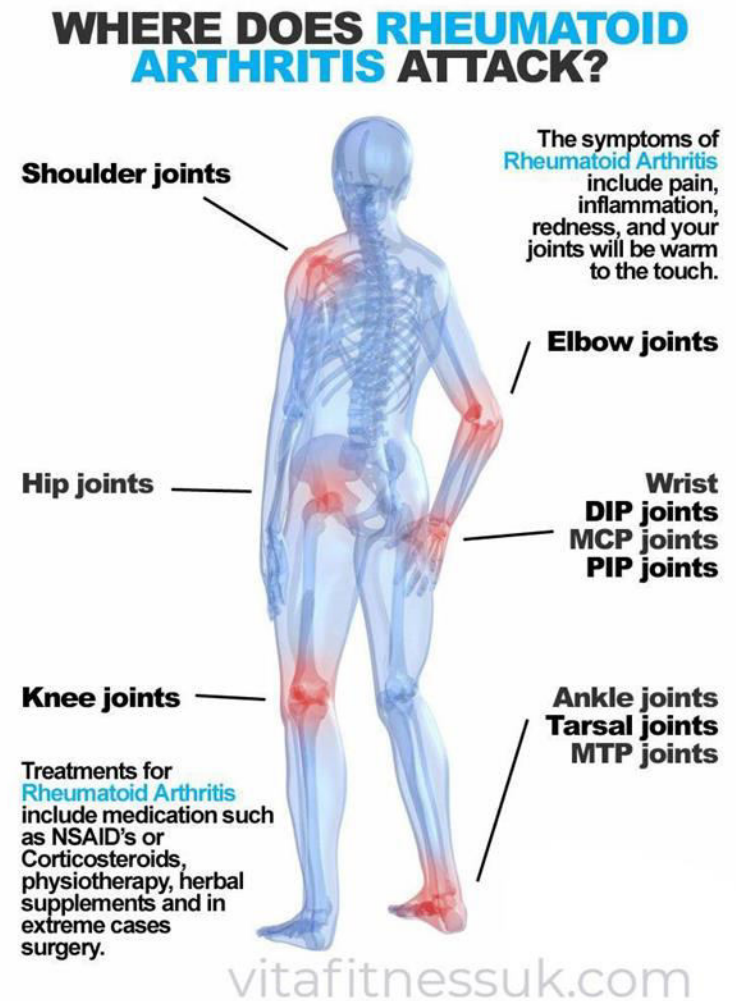
# Types of Arthritis

- Ankylosing spondylitis.
- Gout.
- Juvenile idiopathic arthritis.
- Osteoarthritis.
- Psoriatic arthritis.
- Reactive arthritis.
- Rheumatoid arthritis.
- Septic arthritis.



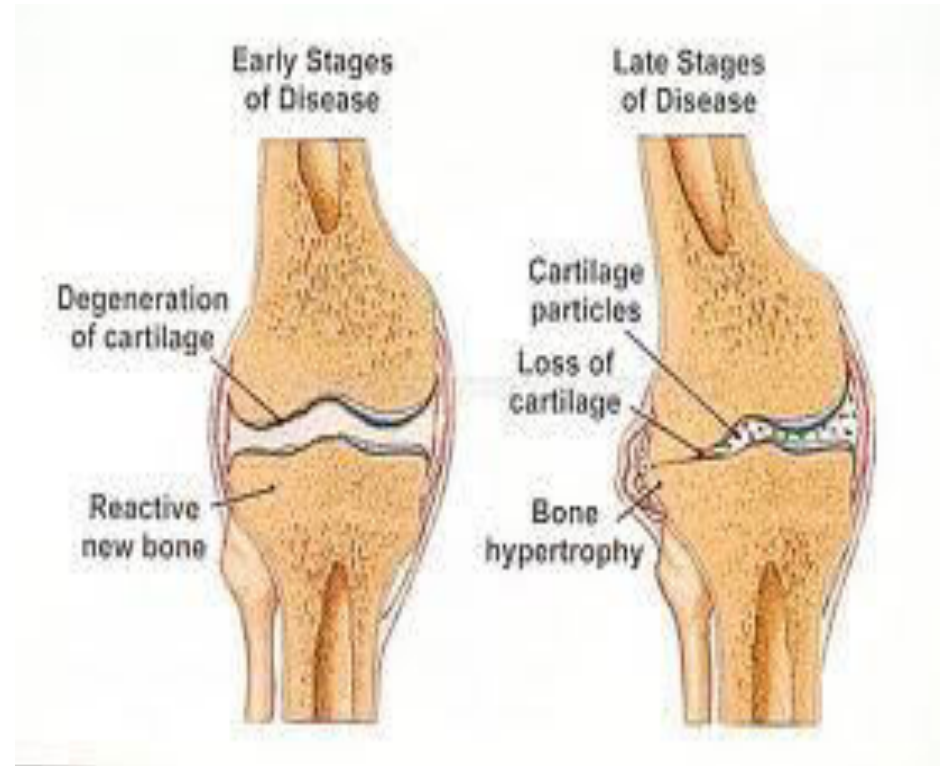
# Rheumatoid arthritis.

- Rheumatoid arthritis is a chronic inflammatory disorder that can affect more than just your joints.
- In some people, the condition can damage a wide variety of body systems, including the skin, eyes, lungs, heart and blood vessels.



# Osteoarthritis.

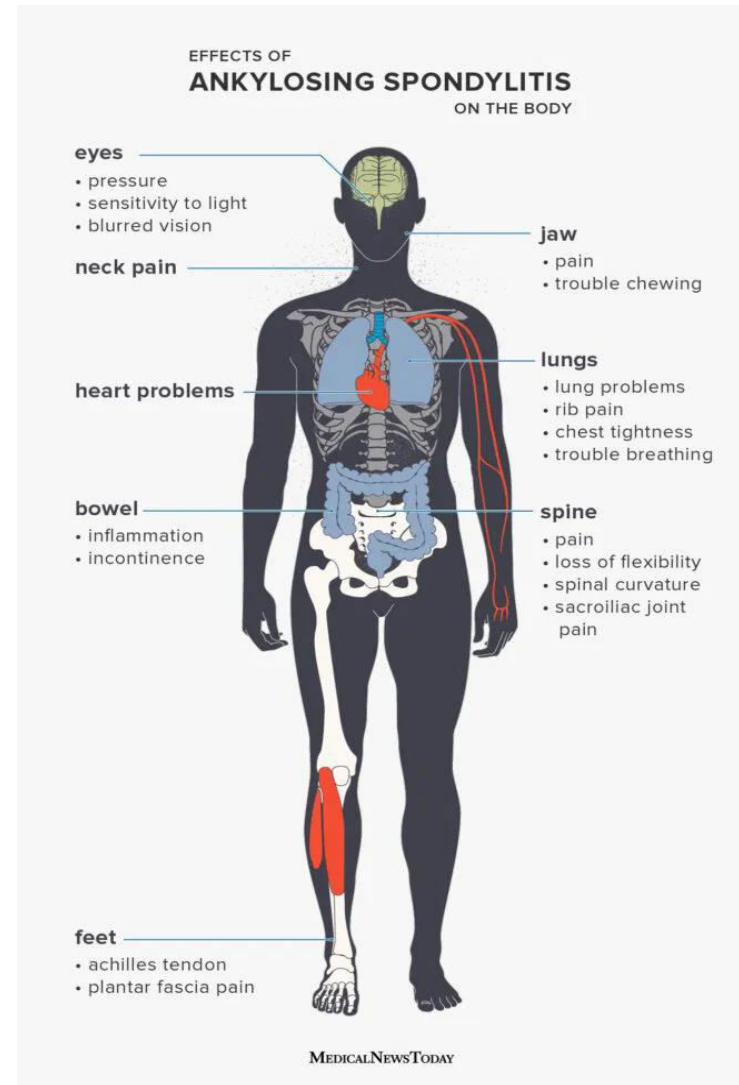
- Osteoarthritis is the most common form of arthritis, affecting millions of people worldwide.
- It occurs when the protective cartilage that cushions the ends of the bones wears down over time.
- Although osteoarthritis can damage any joint, the disorder most commonly affects joints in your hands, knees, hips and spine.
- Osteoarthritis symptoms can usually be managed,
- although the damage to joints can't be reversed. Staying active, maintaining a healthy weight and receiving certain treatments might slow progression of the disease and help improve pain and joint function.





# Ankylosing Spondylitis

- **Ankylosing spondylitis** is an inflammatory disease that, over time, can cause some of the small bones in your spine (vertebrae) to fuse. This fusing makes the spine less flexible and can result in a hunched-forward posture.



# Introducing Ortho tablets

## Bone & Joint Health



# Nutricio Ortho Tablets

- An ideal combination of 5 compound
- Glucosamine : 375mg
- Chondroitin : 25mg
- MSM : 200mg
- Boswellia : 200mg
- Turmeric : 100mg



Joint Support & Bone health



# Glucosamine

- Glucosamine sulfate is a widely used supplement that may help ease pain in people with osteoarthritis. Osteoarthritis happens when cartilage breaks down.
- **Glucosamine** and chondroitin protect cells called chondrocytes, which **help** maintain cartilage structure. In theory, these supplements have the potential to slow cartilage deterioration in the **joints**, and to reduce pain in the process.



# Chondroitin

- Chondroitin is a dietary supplement and a vital part of cartilage. Studies have found that taking chondroitin can prevent cartilage breaking down and can also stimulate its repair mechanisms.



# Methylsulfonylmethane (MSM)

- People take **MSM** by mouth or apply it to the skin, mostly using it to lessen inflammation.
- They take **MSM** to try to relieve pain or swelling from: Osteoarthritis or rheumatoid arthritis. Bursitis, tendinitis, or tenosynovitis

**6 MSM**  
SUPPLEMENT BENEFITS

- 1 TREATS OSTEOARTHRITIS & JOINT PAIN**  
The sulfur in MSM impacts the immune system and facilitates normal cellular activity, which lowers the inflammatory responses that contribute to swelling and stiffness.
- 2 TREATS DIGESTIVE PROBLEMS LIKE LEAKY GUT SYNDROME**  
MSM can help rebuild the lining of the digestive tract and lower inflammation/allergic reactions to certain foods.
- 3 TREATS SKIN PROBLEMS INCLUDING ROSACEA, ALLERGIES, WOUNDS**  
Using MSM supplements helps us hold on to precious collagen and keratin because sulfur is required for the production of these "youthful" compounds.
- 4 LOWERS MUSCLE PAIN AND SPASMS**  
MSM helps repair the rigid fibrous tissue cells in our muscles that become broken down during exercise, therefore helping to prevent them from swelling for prolonged periods of time.
- 5 RESTORES HAIR GROWTH**  
MSM has been shown to help boost both collagen and keratin levels, two nutrients we absolutely need for forming new hair strands.
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**Dr. Axe**  
FOOD IS MEDICINE

# Boswellia

- **boswellia** is an effective anti-inflammatory, it can be an effective painkiller and may prevent the loss of cartilage. Some studies have found that it may even be useful in treating certain cancers, such as leukemia and breast cancer.



# Turmeric

- Turmeric and especially its most active compound curcumin have many scientifically-proven health benefits, It's a potent anti-inflammatory and antioxidant and may also help improve symptoms of arthritis.





# Benefits of Ortho Tablets

- Healthy joints
- Reduce inflammation
- Reduce pain
- Improves joint movements
- Help to protect cartilage



# Dosage : Ortho Tablets

- 1 – 2 tablets twice daily with major meal
- Pregnant lady and lactating mother not recommended.
- Diabetic patients use with caution

