

I felt better in 14 days

“Thank you, SierraSil. My recovery time is noticeably faster, which allows me to focus on training without the distraction of stiffness or soreness.”

—Cheryl Bernard
2010 Olympic Silver Medallist



SierraSil Joint Formula 14™
www.sierrasil.com

SierraSil®

WHAT IS SIERRASIL?

SierraSil® is an effective natural supplement that is clinically proven to support joint health and mobility.

- + SierraSil is shown to effectively support joint health and calm inflammation, earning two US patents. Customers feel noticeable improvement in joint discomfort and flexibility.
- + SierraSil originates from a pristine hydrothermal mineral deposit in the US Sierra Mountains. Discovered by a gold prospector many years ago, the mineral deposit has since been used for its health properties, with thousands of satisfied consumers.
- + The minerals present in SierraSil include calcium, potassium, sodium, aluminum, phosphorus, magnesium, iron, silicon, manganese, barium, copper, cobalt, zinc and other natural co-occurring trace elements. Since the minerals in SierraSil range from 23 mg to fractions of a mg in bio-availability, it is recommended for its healing properties, not as a daily mineral source.
- + SierraSil is Kosher certified, vegetarian-, vegan- and celiac-friendly and is suitable for most dietary needs, including those of athletes.

Produced in the United States.

FAQs

Can I take SierraSil Joint Formula14™ if I have a sensitive stomach?

In case of sensitive stomach, start with one capsule per day, gradually increasing the number of capsules to the recommended serving over 14 days. People with GI conditions such as acid reflux, gas, bloating, constipation, leaky gut syndrome, IBD, colitis, diverticulitis, IBS and Crohn's disease have been reporting benefits from taking Joint Formula14. The mineral structure of Joint Formula14 has detoxifying properties that help to cleanse the digestive system.

How is SierraSil Joint Formula14™ different from glucosamine or chondroitin?

These products have been shown to possibly support joint health with sustained use by assisting the body's production of cartilage. SierraSil is complementary in that it slows cartilage breakdown and supports a healthy inflammatory response. Sourced and produced in the USA, SierraSil tends to be faster acting and may assist the body more broadly, encouraging health you can feel within 14 days of continued use.

SERVING GUIDELINES

SierraSil Joint Formula14™ Capsules

Use on a daily basis for joint aches and stiffness

- 1 For best results, take once daily with water at least half an hour before, or two hours after, a meal.
- 2 Take medications four hours before or after taking SierraSil.®
- 3 Due to the detoxifying properties, it is strongly recommended to drink 6–8 glasses of water per day. This will help the body to flush out toxins and heavy metals being absorbed by SierraSil.

Follow the chart below for number of capsules for your body weight.

Body Weight	Up to 175 lbs	175–230 lbs	Above 230 lbs
Number of Capsules	3	4	5

If results do not manifest within the first seven days, consider taking a loading dose. A loading dose is double the recommended daily serving and can be taken to help increase results.

Visit www.sierrasil.com/serving_guidelines.php for full instructions or call customer service at **1.877.743.7720**

CLINICAL STUDIES

SierraSil has been rigorously studied for safety and efficacy in human trials, and in *in vitro* and *in vivo* research. The findings have been published in peer-reviewed journals and published studies.

The research highlights both the safety and efficacy of SierraSil, and demonstrates the mechanism of action and fast results for most consumers. In a peer-reviewed and published human clinical study¹, the researchers concluded that "the benefits were evident within a week, and associated with an excellent safety profile" and that SierraSil "may offer a valuable option for some subjects".

The combination of published human clinical trials and mechanism of action research has earned SierraSil two US patents. For a complete listing of the research, please visit our website. Medical practitioners are welcome to request a Resource Package of the research and patents.

Patent #s 7,611,732 and 7,910,136

¹ Miller MJ et al. "Early relief of osteoarthritis symptoms with a natural mineral supplement and a herbomineral combination: A randomized, controlled trial." [ISRCTN38432711]. *Journal of Inflammation* (2005): 2:11.

Join the thousands of Americans just like you, enjoying the benefits of SierraSil®.

"After exertion, whether work or exercise, I would have stiffness and soreness, but with SierraSil I didn't have any symptoms!"

— *Dr. Michael Medgyessy, Chiropractor, Medina, OH*

"My patients have had nothing but good things to say about SierraSil. My office manager has told me she can feel the difference when she is not taking it."

— *Dr. Nathan Strohm, Chiropractor, Auburn, WA*

"As a Chiropractor and Nutrition specialist, I know the damaging effects of an inflammatory lifestyle, and have seen first hand in my clinic how SierraSil's natural anti-inflammatory mineral compound effectively treats joint pain. The results are incredible!"

— *Dr. Charles Rassel, Chiropractor, Escondido, CA*

WHAT'S YOUR STORY?

Read and share testimonials:
www.facebook.com/SierraSil

IS SIERRASIL FOR YOU?

SierraSil® is ideal for adults suffering from sore joints, aches or muscle pain.

It's for:

- + Seniors seeking improved comfort in daily routines through increased flexibility and mobility.
- + Active people and athletes wanting better performance through easier recovery.
- + Boomers wanting freedom to maintain their favorite activities with reduced aches or stiffness.



Note: SierraSil has detoxifying properties and therefore persons on medications or with known medical conditions should consult their physician prior to use of SierraSil.

HEALTH YOU CAN FEEL

Whether it's improved comfort in your daily routines, easier recovery from exercise, or the freedom to maintain your favorite activities, SierraSil® offers health you can feel.

TALK TO US

- f** Read and share testimonials: www.facebook.com/SierraSil or follow us on Twitter: www.twitter.com/SierraSil
- i** Find out more: www.sierrasil.com or info@sierrasil.com
- 🗣️** Speak with one of our qualified customer care representatives toll-free at **1.877.743.7720**