

# Rebuild

Joint Health

Used in herbal medicine to help relieve joint inflammation.

Helps in connective tissue formation.

## What is Rebuild?

NutriChem's Rebuild is a highly comprehensive and advanced joint support formula made up of herbs, amino acids, vitamins and minerals that effectively support joint inflammation.

## Why take Rebuild?

Inflammation is a complex process and the body's natural response to injury and infection. It truly is a sign of healing, but when it becomes chronic, it's damaging, which is why it's important to support it with ingredients that work synergistically on all aspects of inflammation. Ingredients like Boswellia and BCM 95 Curcumin are potent herbs that are well established anti-inflammatories, particularly regarding joints. NutriChem's BCM Curcumin is 7-9 times more bioavailable than regular curcumin and is retained in the blood up to 8 hours after oral dosage. Bromelain is best known as a digestive enzyme but has been shown to be effective at relieving pain, swelling and inflammation. Because it's important to promote healthy tissue repair and not just inflammation, vitamin C has been added for its role in collagen formation. Zinc has been added for connective tissue, while magnesium has been added for its role in muscle and bone function. L-glutathione, N-acetyl-cysteine, selenium and quercetin are all powerful antioxidants, so they've been added to help the body effectively remove the waste associated with inflammation. Because pain is stressful on the mind and body, ashwagandha has been added for its adaptogenic effects and is also traditionally used as a rejuvenative tonic.

## Who benefits from taking Rebuild?

Anyone who is experiencing inflammation of the joints, osteoarthritis of the knee and minor pain, swelling and inflammation would benefit from this combination product. We recommend 3 capsules, 3 times daily with food, a few hours before or after taking other medications or natural health products. For use beyond 3 months, consult a health care practitioner.

## Selected References

Mills and Bone 2000; Deodhar et al. 1980. Used in Herbal Medicine to help relieve joint inflammation.

Walker et al. 2002, Blumenthal 1998. Used in Herbal Medicine to help relieve minor pain, swelling and inflammation.

Merck 2012; Martindale 2011; Murray and Bongiorno 2006; Harborne et al. 1999. Source of/Provides antioxidants.

## Gluten Free

### Medicinal ingredients per 9 capsules:

BCM95 Curcumin	1200 mg
Boswellia	250 mg
Bromelain	540 mg
Ascorbic Acid	500 mg
Magnesium (glycinate)	100 mg
Magnesium (malate)	100 mg
Selenium	200 mcg
L-glutathione	500 mg
Zinc (glycinate)	10 mg
L-citrulline	250 mg
Ashwagandha	200 mg
N-acetyl-cysteine	250 mg
Quercetin	500 mg

### Non-medicinal ingredients:

Hypromellose, purified water.

**Free of gluten, dairy, soy, yeast, crustaceans, nuts, artificial colours and flavours. Non-GMO.**

**Directions:** Adults: Take 3 capsules, 3 times daily with food, a few hours before or after taking other medications or natural health products. For use beyond 3 months, consult a health care practitioner.

**Cautions and Warnings:** do not use this product if you are taking antibiotics or nitroglycerin. **See label for full list of cautions and warnings.**

**Known adverse reactions:** Stop if hypersensitivity/allergy occurs. Stop use if diarrhea, abdominal pain, heartburn, nausea or vomiting occur. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness.

**Recommended storage conditions:** Store in a cool, dry place.

**Keep out of the reach of children. Do not use if seal around cap is broken or missing.**

## Key Applications

Pain, swelling and inflammation  
Joint health  
Connective tissue formation

## Complementary Supplements

Mega Marine +  
Pure Collagen



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