



Frequently Asked Questions

What is LubriSyn HU?

LubriSyn HU is an oral, liquid form of hyaluronan (HA). HA is the main constituent of joint fluid. LubriSyn HU can help maintain healthy joints by improving the quality of the synovial fluid that cushions and lubricates your joints.

Why should I use LubriSyn HU?

Every mammal's joint fluid deteriorates with age and exercise. In fact, the more we exercise, the faster joint fluid can degenerate and the more likely bone-on-bone inflammation will occur. That inflammation leads to arthritis. LubriSyn HU replenishes and restores joint fluid, keeping your joints flexible and well-lubricated.

Why is LubriSyn HU liquid and not in a pill or powder form?

The liquid form is more readily and quickly absorbed in the tissues of your mouth and throat, providing joint support in as little as 7 to 14 days. Powdered or pill forms of HA must go through the entire digestive tract, breaking down the HA molecule and taking far longer for any remaining available HA to get to the joint fluid.

What is LubriSyn HU made from?

Unlike other forms of liquid HA made from animal sources (e.g., rooster combs), LubriSyn HU is extracted from a microbial source. This method keeps LubriSyn HU free from protein contamination that can cause other HA products to break down and lose their effectiveness.

When should I start taking LubriSyn HU?

While most people begin taking LubriSyn HU because they are having mobility challenges or joint pain, LubriSyn HU is an excellent preventative supplement. Athletes can benefit greatly from taking LubriSyn HU on a daily basis before any symptoms appear, keeping joints well-cushioned during rigorous exercise.

How much and how often should I take LubriSyn HU?

Because any form of HA that is introduced to the body from an external source only remains in the body for 36 hours, it is important to take LubriSyn HU every day. Begin with one tablespoon daily for the first 14 days, and then back down to two teaspoons a day thereafter. If joint symptoms return after taking the lower dose, you can move back to the one tablespoon dose.

Does LubriSyn HU contain glucosamine and chondroitin?

The only active ingredient in LubriSyn HU is HA. Glucosamine and chondroitin target cartilage, not joint fluid. Recent data released from the National Institutes of Health indicates that glucosamine and chondroitin work only as well as a placebo (a sugar pill) in clinical studies.

What does LubriSyn HU taste like?

LubriSyn HU has a pleasant, slightly sweet taste, with all natural ingredients. Our products are also %100 vegan.

How long before I will see results with LubriSyn HU?

There is no exact time frame. Most people who take LubriSyn HU notice positive effects in the first seven to 14 days; sometimes in as little as three to seven days.

Is there any scientific data to back up LubriSyn HU?

“Will the Real HA Please Stand Up?” is a scholarly article that was published in the 2004 edition of The Journal of Applied Nutrition. This article affirms that the high-molecular weight formula of LubriSyn HU, extracted from a microbial source, is the most effective form of HA available on the market.

Will LubriSyn HU interact with any drugs I am taking?

LubriSyn HU is simply HA (hyaluronan), and will not interact with any drug you may be taking. It is also low in sodium, making it safe for folks who have low blood pressure.