

JOINT-4



JOINT HEALTH / JOINT MOVEMENT

Recommended Dosage

3 CAPSULES WITH MEAL (for optimal results)

First 30 days: 6 capsules a day

3 capsules with morning meal

3 capsules with evening meal

After 30 days: 3 capsules a day

3 capsules with morning meal

	Extreme pain	Moderate pain	Uncomfortable pain
First 30 days	6 capsules	6 capsules	6 capsules
After 30 days	6 capsules	4-5 capsules	3 capsules

What else should I take?

Endurance athletes

We recommend taking Joint-4 alongside other products to maximise your overall wellbeing, for example Immune Boost or Xendurance tablets.

CrossFit / Gym athletes

We recommend taking Joint-4 alongside other products that will aid your training, such as Creatine-JB or Xendurance tablets.

How should I take it?

Consume alongside food

To help aide absorption, take the tablets alongside your morning / evening meal.

Monitor your progress

As your pain eases, you should be looking to reduce your dosage. Refer to the chart on the left for guidelines on how many tablets to take depending on how severe your pain is.

Take alongside a healthy diet and lifestyle

It is important to ensure your overall diet is healthy and nutritious, containing lots of alkaline based foods that can help to reduce inflammation. Also ensure you follow any protocol set by a trainer / medical professional to help with your pain and discomfort.

Vegan friendly / Non-GMO / Gluten free /
Preservative Free

Contains no added sugar, salt, wheat,
yeast or dairy products artificial
preservatives, colours or flavours.

