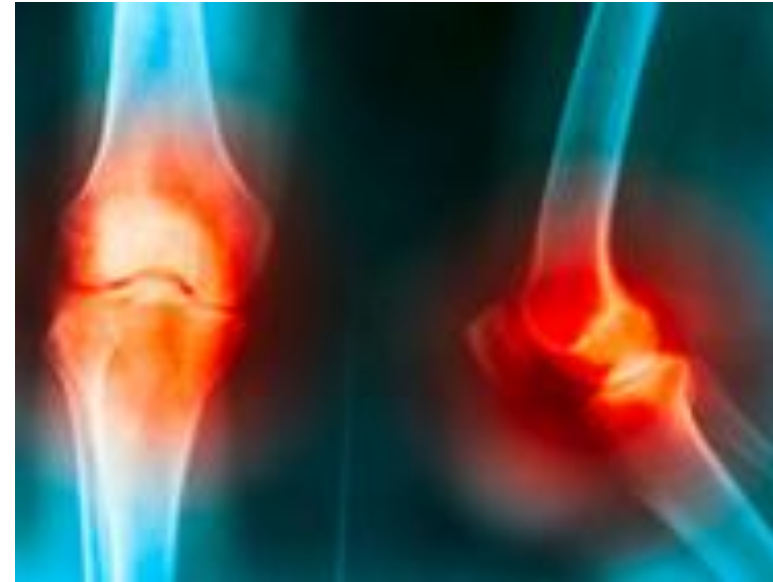


M.A.T.E Joint Support



Joint health and preventing joint problems starts long before any symptoms appear. It is inevitable that there will be some degenerative change in our joints over our lifetime. Up to 85% of people over 65 show some evidence of joint problems or even osteoarthritis (OA). With about half experiencing symptoms including pain, decreased mobility and decreased functional capacity. Several key factors appear to contribute to the development of these problems. The most apparent of these is simple wear and tear. With intense repetitive activity, overuse or structural imbalances resulting in an increased incidence of joint degeneration. Moderate exercise, however, has been shown to prevent OA of the knees by maintaining muscle strength of the quadriceps.

Joints, particularly hinge joints like the elbow and the knee are complex structures made up of bone, muscles, synovium, cartilage and ligaments that are designed to bear weight and move the body through space. The knee consists of the femur (thigh bone) above the tibia (shin bone) and fibula below. The kneecap (patella) glides through a shallow groove on the front part of the lower thigh bone. Ligaments and tendons connect the three bones of the knee, which are contained in the joint capsule (synovium) and are cushioned by cartilage.



M.A.T.E Joint Support is a unique blend of minerals and essential nutrients derived from a combination of superfoods, minerals and herbal extracts. Minerals are critical for healthy joints and cartilage. Many of the minerals we need on a daily basis to keep our joints and cartilage functioning are missing or depleted from our modern-day foods.

Keeping your joints healthy will allow you to run, walk, jump, play sports and do the other things you like to do. Physical activity, a balanced diet, avoiding injuries and getting plenty of sleep will help you stay healthy and keep your joints healthy too.

- Cartilage Support
- Silica Minerals
- Sea Plant Minerals
- Collagen
- 75+ Organic Plant-Derived Minerals
- Vitamins
- Amino Acids
- MSM Sulphur
- Glucosamine
- White Willow Bark

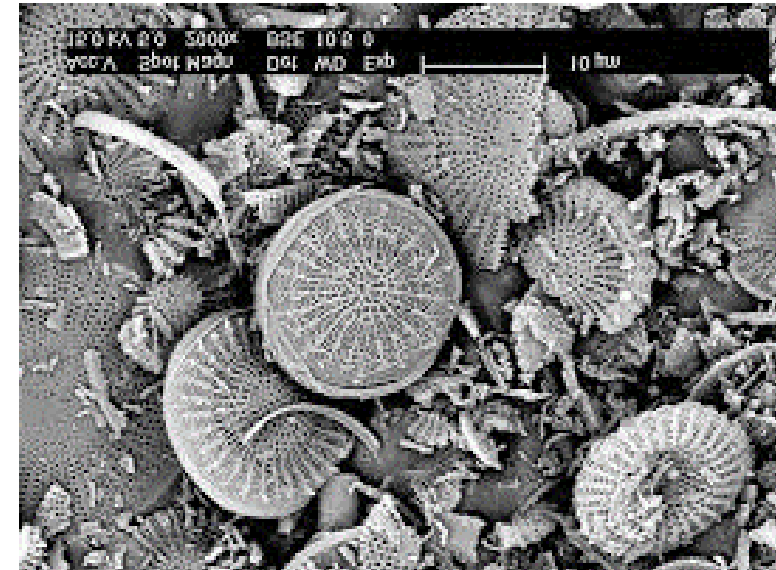
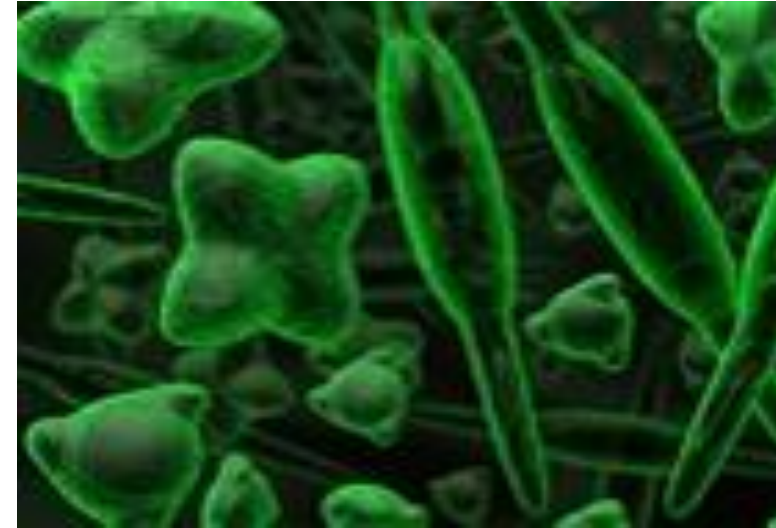


Amorphous silica diatomite is the fossilized shells of microscopic water-dwelling organisms known as diatoms. Diatoms are one-celled plants (algae or phytoplankton) that are the primary food source for marine life.

These plants have been part of the earth's ecology since prehistoric times, yet their species still exists today in both salty and fresh waters all over the world.

Diatoms use soluble silica from their environment to make their shells or exoskeletons. As diatoms die, their shells fall to the bottom of the body of water in which they live. It is believed that years ago the diatoms piled up to form thick beds of chalky fossilized sediment.

These beds, known as diatomite or diatomaceous earth were discovered after the waters receded. Some Diatomite still contains concentrated phytoplankton minerals and trace elements.



Silica is found in high concentrations in the strong tissues such as arteries, tendons, skin, nails, ligaments, teeth, hair, connective tissue and collagen. It helps increase bone collagen and strengthens the connective tissue matrix.

Supporting ligaments and tendons is critical for maintaining the stability of joints for controlled motion. Silica, which is highly bio-available, can provide support for soft tissue structures like the synovial membrane, tendons and ligaments, as well as bone.

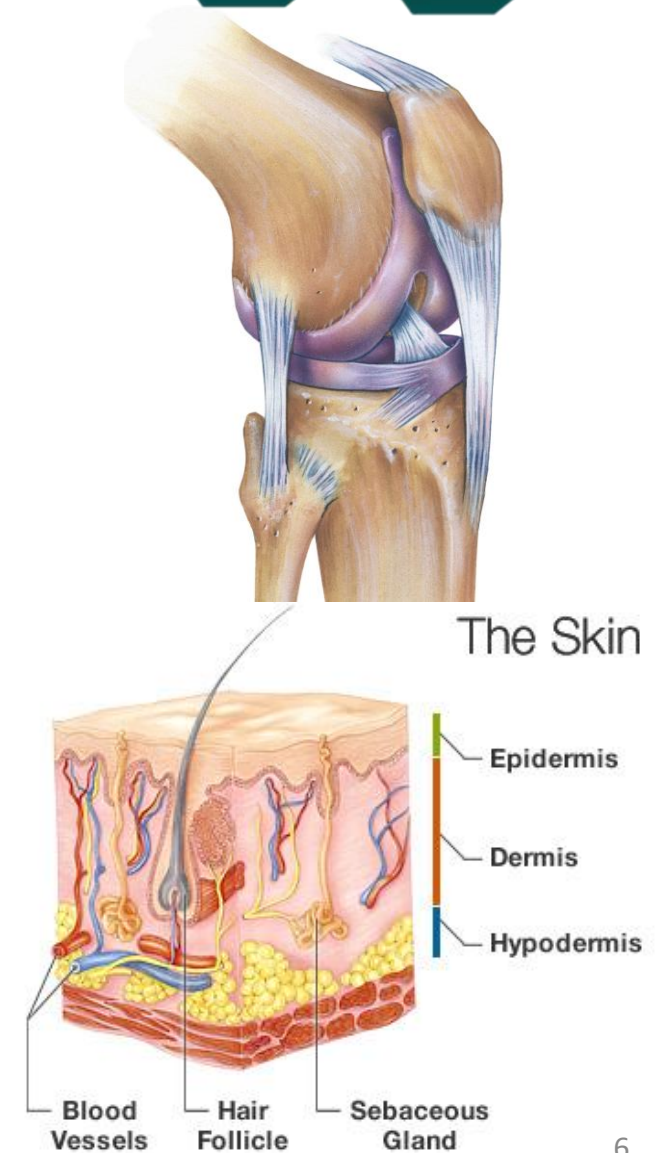
It supports bone strength by enhancing calcium absorption and strengthening collagen protein by creating and maintaining collagen. This leads to greater flexibility in the bones, helps form new bone and strengthens mature bone.



Collagen, which is mostly made up of silica, is the glue that holds us together. Collagen accounts for up to 75% of the weight of the dermis and is responsible for the resilience and elasticity of the skin. Our connective tissues consist of collagen, elastin, mucopolysaccharides and mucous carbohydrates which aid in moisture retention.

Your entire body is held together by this vital protein. It impacts bone and joint health, optimizes your gut lining and thus supports your immune system. Sadly, your collagen production not only decreases naturally with age, it can also be diminished through diet and lifestyle choices.

Their capacity to hold on to moisture keeps the connective tissue resilient and has apparent importance in the prevention of premature ageing. All these valuable molecules house large quantities of silica.



MSM naturally exists in the environment. From a process called the "sulphur cycle" which begins primarily from the evaporation of ocean waters, the weathering of volcanic sediment or the breakdown of plant matter.

MSM and DMSO basically have the same benefits to health as they are almost identical compounds. The main differences between MSM and DMSO is that DMSO remains a liquid while MSM is a less reactive white crystalline solid. Dietary MSM powder is equivalent to that found in natural environments and is likewise oxidized as a metabolite from DMSO.



MSM Sulphur Cycle:

The process primarily begins with the release of sulphur into the atmosphere from various sources such as seawater and volcanic eruptions. Sulphur is then converted into an organically bound form and broken down into DMS (Dimethyl Sulfide).

DMS converts into a gaseous state and is oxidized into DMSO (dimethyl sulfoxide). It is then further transformed into MSM which concentrates in atmospheric water vapor. MSM then falls to the earth as rain and is collected and concentrated back into the water, plants and the soil.

It's an organic sulphur containing compound that's used to improve immune function, lower inflammation and help restore healthy bodily tissue.

The reason so many benefits are attributed to the MSM supplement is because MSM provides biologically active sulphur. Sulphur is the fourth most plentiful mineral in the body and needed for many different critical bodily functions every single day.



Research has also found that diallyl disulphides may limit cartilage damaging enzymes. According to a study, people who regularly ate foods containing this substance had fewer signs of early osteoarthritis.

Diallyl disulphides can be found in foods from the allium family like garlic, onions and leeks.

You'll find that the foods listed above are generally part of any healthy diet.

You don't need to seek foods out of the ordinary to maintain a diet that promotes bone and joint health. Plus, these foods contain numerous other health benefits that make it worth including them in your diet, even if joint pain isn't a daily issue.



Glucosamine is produced naturally in the body and plays a key role in building cartilage; the tough connective tissue that cushions the joints. As a supplement, glucosamine sulphate provides the raw material needed by the body to manufacture a mucopolysaccharide (called glycosaminoglycan) found in cartilage.

The availability of this nutrient may help support joint health by contributing to the normal processes that maintains healthy cartilage and may help address the symptoms of issues like osteoarthritis.

Glucosamine makes up the building blocks in the body. It repairs cartilage, eases the pain of fibromyalgia (connective tissue) and arthritis (bone) and acts as a natural anti-inflammatory. It is usually extracted from crab, lobster or shrimp shells.



Why are minerals needed ?

Nutrients needed to keep healthy joints and prevent joint disease or premature aging of the joints include minerals, vitamins, amino acids, proteins, collagen and hyaluronic acid.

Sea kelp feeds directly on the minerals and trace elements of sea water. Having the unique ability to concentrate these minerals in its leaves and stems in almost the exact proportions they should be in healthy human blood.

This ability has led to sea kelp emerging as an important source of vital elements no longer present in many foods, such as iodine.

The minerals from kelp are very similar to those found in the human body and can be easily absorbed by the body assisting in the repair of joints and cartilage.



White Willow is a bitter, digestive herb with the bark being the potent part. Famous for being the original source of salicylic acid (the precursor to aspirin), but unlike aspirin, it does not thin the blood.

Benefits: Used for thousands of years to relieve joint pain and manage fevers. An excellent remedy for arthritic and rheumatic pain affecting joints. Powerful anti-inflammatory properties. May assist in improving circulation.

White willow Bark is recognised as an antiseptic, analgesic, tonic and astringent pain reliever and is known as a natural alternative for 'bute'. Relieves inflammation, swelling and works to improve mobility in aching, painful joints.

The balance of ingredients found in white willow bark poses almost no ill effects on the gastrointestinal tract. Aspirin, even in tiny doses, can cause ulcers, blood vessel fragility and irritation to the digestive system. White Willow Bark powder may be used safely for long periods.



**Recommended daily consumption.
For joint support take 2 Joint Support
veggie caps per day.
Preferably in the morning 10 minutes
before meals.**



All Paradise Nutrients superfood powders, TGA listed supplements and foods are made in compliance with Australian Regulations.



This product is Australian made in a strict food compliant HACCP and GMP certified facility.



For prevention or joint support look for the Paradise Nutrients Joint Support Pack. M.A.T.E Multi, M.A.T.E Joint Support and SupaGel 100g
Order Code: PN915

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