



# AIM *Frame*Essentials®

The human skeleton, comprised of every bone in your body, provides strength, stability, and a frame to support physical movement. The ends of your bones are covered in cartilage – smooth, tough, protective tissue that acts as a shock absorber between individual bones and reduces friction. This cartilage can become inflamed or begin to deteriorate as the result of many possible factors: an injury, an inherited defect in the protein that forms cartilage, the wear and tear of aging, diet, lifestyle, or the onset of arthritis. The resulting pain can severely affect the quality of your life.

AIM Frame Essentials can help to maintain proper joint health.

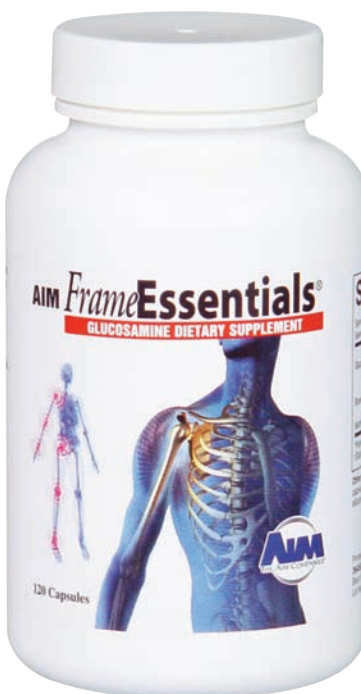
Frame Essentials' benefits can be attributed to four effective ingredients: glucosamine sulfate, glucosamine hydrochloride, boswellia extract, and methylsulfonylmethane (MSM). Frame Essentials is the perfect choice for those with osteoarthritis, sport injuries, or tendonitis, as well as muscular aches. Give your skeletal frame the powerful support of Frame Essentials – the ultimate health product to help maintain joint health.

## Glucosamine

Glucosamine, an amino sugar, is a component of carbohydrates that is incorporated into the structure of body tissue rather than being used as a source of energy. Glucosamine is important in the formation of cartilage, tendons, ligaments, and synovial fluid, and it is involved in the formation of skin, eyes, bones, and heart valves.

Both glucosamine sulfate and glucosamine hydrochloride are derived from an initial source of shrimp shell, which undergoes a multi-step extraction process to produce the final forms of glucosamine. Although most studies have used glucosamine sulfate, many health care practitioners have clinical experience that glucosamine hydrochloride works just as well. Frame Essentials contains a 1:1 ratio of these two forms of glucosamine.

Glucosamine has been the subject of more than 300 scientific investigations and more than twenty double-blind studies. Its benefits



## Key Benefits and Features

- Maintains musculoskeletal health
- Provides building blocks for healthy joints
- Improves joint function
- May help to relieve pain
- Glucosamine can help with asthma, bursitis, food allergies, osteoarthritis, tendonitis, vaginitis, skin disorders, and arthritis
- Includes both glucosamine sulfate and glucosamine hydrochloride (HCL)
- Formulated by a naturopathic physician suitable for long-term use

for osteoarthritis are impressive. For relieving inflammation, double-blind studies have shown that glucosamine sulfate produces better results than non-steroidal anti-inflammatory drugs. All studies indicate that the longer glucosamine is used, the greater the benefits; therefore, glucosamine is suitable for long-term use.

In addition, studies show that supplemental glucosamine has benefited those with asthma, bursitis, Candida, food allergies, respiratory allergies, osteoporosis, tendonitis, vaginitis, various skin disorders, and arthritis.

## Boswellia

The boswellia serrata tree, which is found in India and the Middle East, produces frankincense extract with long-known therapeutic value. Boswellia serrata has been used for centuries in Indian Ayurvedic medicine to maintain healthy joints. This is still one of its main uses.

Research has centered on boswellia's triterpenoids, especially the boswellic acids, which improve blood supply to the joints and maintain the integrity of blood vessels. Boswellic acids have been known to reduce joint swelling, maintain mobility, and reduce stiffness in the joints.

A study of thirty patients with osteoarthritis of the knee showed that those receiving boswellia reported decreased knee pain and swelling, increased knee flexion, and increased walking distance. Another study involving eighty-one people with rheumatoid arthritis found significant reduction in swelling and pain over the course of three months.

Boswellia with anti-inflammatory, anti-arthritic, and analgesic properties has been shown to benefit patients with osteoarthritis, rheumatoid arthritis, asthma, emphysema, bronchitis, bursitis, Crohn's disease, tendonitis, and ulcerative colitis.

## MSM (Methylsulfonylmethane)

MSM is a biologically-active form of the mineral sulfur. Sulfur is the fourth most plentiful mineral in the body and is found in every cell. Sulfur plays a particularly important role in tissue structure. As a form of sulfur, MSM contributes to healthy joints and adds to the benefits of glucosamine. MSM is naturally present in the body and in protein foods such as meat, fish, poultry, eggs, milk, cheese, nuts, and legumes.

Research has shown that individuals with arthritis are deficient in MSM, and supplementing with MSM can reduce inflammation and repair joints and tissue.

In addition to joint and tissue repair, MSM may benefit in other areas. Over 12,000 patients with the following conditions have responded positively to oral MSM: allergies, arthritis (rheumatoid), acne, cancer (breast, colon), constipation, burns (thermal), brittle or soft nails, diabetes, lupus, and muscle soreness and pain.

## NSAIDs (Non-steroidal anti-inflammatory drugs)

Many people who suffer with joint pain from arthritis – or other causes – take medications that provide only symptomatic relief. According to the *Encyclopedia of Natural Medicine*, NSAIDs such as aspirin, ibuprofen, Aleve™, and Voltaren™ appear to suppress the symptoms but hinder cartilage repair and accelerate the progression of osteoarthritis. Recent reports show evidence that taking some prescription NSAIDs may increase the risk of heart attack or stroke. Drugs are synthetic and designed to mask disease rather than promote healing. The side effects of drugs can negatively affect an existing condition.

## Suggested use

**Adults:** 2 capsules twice daily. For best results, use for a minimum of six weeks. Take with food. After experiencing results, 1 capsule twice per day can be taken for maintenance.

Shelf life is two years, sealed. Close tightly after opening and store in a cool, dry, dark place (70-75 F; 20.1-23.8 C). Do not refrigerate.

**Contraindications:** Consult a health care practitioner prior to use if you have diabetes or if symptoms worsen. Do not use if you have shellfish allergies. Consult your physician prior to use if you are pregnant or breastfeeding.

## Q&A

### May children and pregnant women take Frame Essentials?

Yes, there should be no reason for children to be using this product. Pregnant women should consult a health practitioner.

### May I take Frame Essentials with other AIM products?

Yes, you may experience positive synergy between Frame Essentials and other AIM products.

### May I take Frame Essentials with other medications?

There are no indications that glucosamine interacts with other medications. Of course, you should always consult a health practitioner when adding new supplements to your regimen.

### Is glucosamine actually absorbed?

Yes, in one study on glucosamine sulfate (pill form), ninety percent of the glucosamine was absorbed.

### How does glucosamine compare to products such as Tylenol® and ibuprofen?

There is no doubt that such products provide rapid pain relief. However, studies have shown that after four weeks of use, glucosamine is as effective or more effective than these products in providing relief from joint problems with no significant side effects.

### Does Frame Essentials have any side effects?

Glucosamine is safe. A few people have reported upset stomach and nausea. In a year of formal testing of glucosamine, no significant side effects were found.

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