



Based in Nature, Backed by Science!



GNLD's Scientific Advisory Board members are recognized around the world for their leading-edge research. The SAB Seal guarantees you the finest, safest, most effective products in the world!

FULL MOTION™

Get In Motion!

Stay In Motion!

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PEOPLE EMPOWERING PEOPLE



8437

Healthy Joints for Your Active Life!

FOCUS ON Healthy Joints



That slight twinge in your knee, those random aches and pains in the morning and the evening, even that occasional shooting pain in your shoulder—we all live with some pain and discomfort. No big deal, right?

Wrong! All too often we consider such joint pain to be a normal, acceptable part of life, a routine function of aging we simply have to live with. Even worse, we think such pain will just go away as our body “heals itself.” Nothing could be further from the truth.

Every movement your body makes is a miracle of motion, an amazing combination of your joints working together so you can enjoy a life of activity and adventure. When your joints ache, though, your life gets put on hold. Simple, everyday motions can send your joints screaming for relief! Getting up out of your chair, lifting your grandchildren, serving a tennis ball—the pain and discomfort caused by these routine actions are important warning signs you can't ignore!

When Good Joints Go Bad!

When good joints go bad, scientists and doctors call it arthritis. There are over 100 different forms of arthritis, but the most common is osteoarthritis(OA). And this is not your grandparent's disease anymore! Due to diet, lifestyle, stress, and normal wear and tear, OA is at work from an early age.¹

OA is considered by medical science to be a “universal disease.” This means everyone is going to get it—it's only a matter of time. Our joints and the flexibility and mobility they allow us are truly amazing, but they can and do wear out. As cartilage breaks down, it loses its gel-like nature and its ability to absorb shock. Spurs grow out from the edge of the bone to fill the resulting gaps in the joint capsule, and the bones begin to rub against each other. It can occur in almost any joint in the body but is most common in the fingers, hips, knees, and spine.²

The results of this all-too-common condition can be catastrophic, robbing people of their ability to move on their own, and forcing them to live with debilitating pain and discomfort.



Full Motion™ To The Rescue!

Full Motion is the most effective way to overcome the lack of available glucosamine for joint repair, regeneration, and maintenance—and to thus reclaim lost comfort, flexibility, and mobility—through a proven, direct dietary supply of high-purity, pre-formed glucosamine.³

Full Motion is a full-spectrum joint health formulation that contains pharmaceutically pure, “bio-functional” glucosamine hydrochloride, in conjunction with our “joint-friendly” *Regenerative Mineral Complex* and anti-inflammatory promoting *Herbal Comfort Complex*. *Full Motion* provides comprehensive nutritional support for your joints, bones, and your body's natural anti-inflammatory processes. *Full Motion* is here to give you your joints back, to give you your mobility back—to give you your life back!*



Get Comfortable

The first step towards regaining your active way of life is to get comfortable by eliminating the pain caused by inflammation. *Full Motion* features the powerful healing support of our unique *Herbal Comfort Complex*, specifically formulated to reduce inflammation.^{4*}

Get Flexible

Make the most of Nature’s building block for healthy cartilage! Your body is in a constant state of joint damage and repair—strenuous daily activity that leads directly to the development of osteoarthritis.⁵ Scientific research proves that the glucosamine in *Full Motion* can prevent or delay this damage by boosting your body’s healthy cellular regeneration of cartilage.^{6,7} *Full Motion* keeps your joints moving in the right direction!*

Get Mobile

Build better joints for greater mobility! *Full Motion* stimulates healthy new cartilage, resulting in easier, more comfortable movement. Bonus: GNLD’s exclusive *Regenerative Mineral Complex* repairs key joint elements, including collagen. Whether you’re repairing normally damaged joints or overcoming the painful challenges of osteoarthritis, *Full Motion* puts you back where you belong—in motion!*

The GNLD Difference: *Full Motion™*

GNLD’s Scientific Advisory Board formulated *Full Motion* to deliver the nutritionally significant contribution of glucosamine—and other critical nutrients—the body needs to maintain healthy cartilage levels in the face of strenuous activity and to regenerate damaged cartilage associated with aging.*

Each dose of *Full Motion* delivers GNLD’s proven advantages of:

- Natural, bio-functional, pharmaceutically-pure **Glucosamine**
 - The 1500mg. “therapeutic” dose shown in studies to reduce pain and stiffness associated with osteoarthritis^{8,9}
 - The “sulfite-free” form, eliminating allergic reactions for those susceptible to sulfites
 - Easy to digest “hydrochloride” form, minimizing the risk of digestive discomfort
- **Herbal Comfort Complex** to boost the body’s natural anti-inflammatory capacity and provide additional comfort
- **Regenerative Mineral Complex** to help ensure the abundance of biologically critical minerals necessary for healthy cartilage
- **3D Advantage**, our unique manufacturing technology that maximizes the three critical steps of digestion to deliver optimal bioavailability:
 - **Disintegration**-tablets break down quickly
 - **Dissolution**-active ingredients dissolve smoothly and efficiently
 - **Dispersion**-active ingredients spread widely and efficiently throughout body

By assuring these three steps take place quickly and efficiently, our *3D Advantage* makes *Full Motion* the undisputed leader of the pack when it comes to product performance and user benefit.*

*This statement has not been approved by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



The Science Behind the Supplement



References:

1. *Encyclopedia of Human Nutrition*, pp.138-143; Academic Press, 1999.
2. Ibid.
3. *Drugs and Aging*, 2005, “Disease modifying therapies for osteoarthritis: current status.”
4. *Alternative Medical Review*, Vol. 4, Number 5, 1999, “Natural Treatments for Osteoarthritis.”
5. www.arthritis.org
6. *Journal of Rheumatology*, November 26, 1999, pp.2294-2297, “Effect of glucosamine hydrochloride in the treatment of pain of osteoarthritis on the knee.”
7. *British Journal of Sports Medicine*, 2003, “The effect of glucosamine supplementation on people experiencing regular knee pain.”
8. *Alternative Medical Review*, Vol. 9, 2004, “The Effects of Nutritional Supplementation on Osteoarthritis.”
9. *Journal of Knee Surgery*, October, 2004, pp.185-193, “Recent advances in glucosamine and chondroitin supplementation.”



“Eleven years ago, I suffered a life-altering motorcycle accident that crushed my ankle and nearly severed my foot. I lost 80% of my mobility and needed painkillers every day. Within days of starting *Full Motion*, I no longer began my day reaching for painkillers. After several weeks, it no longer takes me 15 minutes to ‘loosen up’ my foot in the morning. I can get out of bed ready for my day!”*
—Deb Abbott

“I have had joint pain—especially in my knees—for years. I could play tennis for only 15 minutes before I would have to quit and ice my knee. Since using *Full Motion*, I have graduated to 45 minutes of pain-free tennis—without ice!”*
—Kimberly Spruyt

“I work in construction and swing a hammer most days, and my shoulder hurts all the time. So I’ve taken other glucosamine products before—but they didn’t work that well, and I was skeptical. I was very surprised at the difference, though. After 3-4 weeks on *Full Motion*, my shoulder stopped hurting! What a nice change to come home from work pain-free!”*
—Ross MacDonald

“After 3 surgeries to repair a torn ACL, a bag of ice was never far from my knee. After a month taking *Full Motion*, though, I was able to play basketball and ride bikes with my son—and not think about ice!”*
—Jermaine Shaffer

