

# Vegan Glucosamine

660mg of Glucosamine HCl

## Presentation

**A white coated oval tablet.**

### Each tablet delivers:

Glucosamine HCl (hydrochloride)	660mg
Providing Glucosamine Base	548mg

### Tableted With:

Cellulose, Calcium Carbonate, Anti-caking Agents (Silicon Dioxide, Stearic Acid & Magnesium Stearate), Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin).

**Disintegration Time:** Less than 1 hour.

**Suitable for vegetarians**  **and vegans** 

**quantity**  
120

**type**  
tablets

**code**  
8514



## Uses

Glucosamine is essential for maintaining healthy cartilage, the smooth tissue that lines joints. There are no edible food sources of glucosamine, so when our bodies fail to manufacture sufficient natural glucosamine, supplementation is useful to help maintain joint mobility.

This was one of the first vegan glucosamine products available to practitioners. Whereas the raw material base of most other glucosamine products is shellfish, this glucosamine hydrochloride (HCl) is manufactured from a vegetable source that is converted to glucosamine through a fermentation process. This makes it suitable for both vegetarians and vegans, and for those people with an allergy to shellfish.

Please note that some glucosamine hydrochloride products are in fact made from shellfish, with the hydrochloride salt simply being chosen instead of the sulphate. However, Lamberts® product is guaranteed to be from a vegetable source and is often used in conjunction with Vegan DHA.

### Usage and administration

2 tablets daily.

### Allergen advice

None (see page 194).

### Cautions

This product is not recommended for pregnant or lactating women.

### Storage instructions

To be stored in a cool, dry place and protected from light.

### Legal category

Food supplement.

