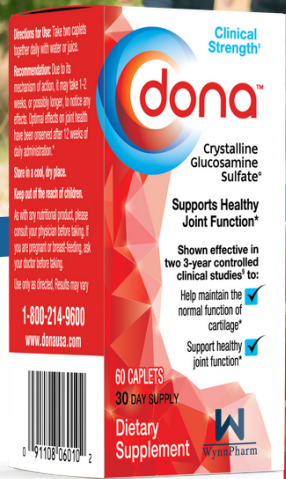


The Original Glucosamine

Clinical Strength<sup>‡</sup>



Step toward healthy JOINT FUNCTION\*



The Original Glucosamine brand shown in clinical studies to support healthy joint function.\*

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Supports Healthy Joint Function\*



Helps maintain the normal function of cartilage\*



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## Dona® FAQs

### The Original Glucosamine Sulfate, Clinically Proven to Support Healthy Joint Function.

Dona® is the Original Crystalline Glucosamine Sulfate that has been shown effective in two 3-year controlled clinical studies. Dona® helps maintain the normal function of cartilage and supports healthy joint function, mobility, and flexibility. Healthy cartilage allows you to keep doing the activities you love, such as walking, climbing stairs, swimming, running, and even the simple joy of picking up your child or grandchild.

### Crystalline Glucosamine Sulfate

Dona® is not your everyday Glucosamine Sulfate. It is different than what you may find in stores or online today. Dona® contains the original Crystalline Glucosamine Sulfate, a specific type of glucosamine developed and sold in more than 60 countries around the world. Crystalline Glucosamine Sulfate is a formulation invented and patented by RottaPharm. It presents a method to stabilize glucosamine sulfate, through a chemical process of co-precipitation with sodium chloride. The two most common forms of glucosamine are glucosamine hydrochloride and glucosamine sulfate.

Crystalline Glucosamine Sulfate is a very unique glucosamine and has been evaluated for its effect on cartilage health; the effect of the hydrochloride form on cartilage still needs to be studied. Crystalline Glucosamine Sulfate may work by slowing down the breakdown of cartilage between the joints, thereby increasing joint comfort. Therefore, glucosamine sulfate may be an optimal formulation for joint health.

### Optimal Joint Health

As we age, the volume of fluid between our joints tends to decrease, thereby leading to the deterioration of cartilage. In individuals engaging in increased physical activity, such as athletes, joint damage can begin at an earlier age. Therefore, we need to maintain our joint health, and Dona® may help you do just that. The Crystalline Glucosamine Sulfate in Dona® may act by supporting the muscles and cartilage around joints. It may also influence the body's response to joint discomfort, thereby decreasing joint tenderness and soreness. Crystalline Glucosamine Sulfate may also be known to prevent an inflammatory reaction in the joint that can be caused by aging or damage, thereby keeping your cartilage healthy. Healthy cartilage is necessary to keep your joints flexible and free from any discomfort.

### What is Dona®?

Dona® contains Crystalline Glucosamine Sulfate, a naturally occurring substance found in cartilage to cushion joints. Dona® helps in maintaining cartilage health so that you can actively participate in daily activities such as walking, climbing stairs, etc.

Dona® has been proven effective and safe in major clinical trials. It may promote cartilage health, lubricate joints, and support joint mobility and flexibility. Dona® can be taken with water or juice, with or without food and even in the morning or at night.

### What is Glucosamine Sulfate?

Glucosamine is a natural sugar made by the body and is responsible for the maintenance and synthesis of cartilage. Cartilage is present between joints and acts as a cushion between the joint bones, to maintain joint comfort and mobility.

### What is Crystalline Glucosamine Sulfate?

Glucosamine is a natural amino sugar made by the body. Glucosamine serves as a building block for glycosaminoglycans, which are important for cartilage formation. Cartilage is a component of the joint structure that acts as a cushion between the bones of a joint and helps them move smoothly against each other. Glucosamine supplements are commonly made from shellfish, like crabs, lobsters, and shrimp. These supplements are commonly available in three forms: powder, tablets, and capsules.

**Important information:** Crystalline Glucosamine Sulfate supplements cannot be used by those with shellfish allergy. Glucosamine must be used with caution in those with diabetes, as glucosamine is a type of sugar that may alter blood glucose levels.

### How Crystalline Glucosamine Sulfate Works

While the exact mechanism by which glucosamine works is still being explored, it has been proposed to work in one of two ways. Firstly, Crystalline Glucosamine Sulfate provides a base for the production of glycosaminoglycans and proteoglycans (including chondroitin sulfate and hyaluronic acid), which are the building blocks of cartilage. Secondly, glucosamine has been thought to stimulate the synthesis of glycosaminoglycans, proteoglycans, and collagen.

### Cautions When Taking Glucosamine Sulfate

Glucosamine is derived from shrimp and crab; if you are allergic to shellfish, please consult your doctor before taking. As with any nutritional product, please consult your physician before taking. If you are pregnant or breast-feeding, ask your doctor before taking.

### When Should I Take Dona®?

Dona® is right for you if you want to maintain the normal function of cartilage and support healthy joint function.

### How Does Dona® Work?

Dona® is made of Crystalline Glucosamine Sulfate, which is an important element of cartilage. Crystalline Glucosamine Sulfate works by activating the formation of the cartilage matrix, so as to increase joint fluid concentrations. When the cartilage matrix is formed, a space is created in the cartilage that, on compression, expands – making joint movement smooth. Besides this, Dona® may also aid in improving mobility and flexibility for better movement. Reduced cartilage can lead to tenderness, soreness, loss of flexibility, and decreased movement of the joints. Dona® can help support the remaining cartilage and encourage healthy joint function.

### How Long Should I Take Dona®?

Dona® is taken for joint health and comfort. Even though you may experience joint relief in around 2 weeks, you may need to take it for about 12 weeks for the full benefit. Some studies have shown that glucosamine usage for about 12 weeks or longer may improve joint tenderness, soreness, as well as mobility. Its effects on cartilage may be seen for as long as the supplement is taken.

### How Do I Take Dona®?

Take two Dona® caplets together daily with water or juice. You might prefer to take Dona® with a meal, but it can be taken in the morning or at night. It is up to you. If you forget a dose, take the next dose and avoid taking two doses at the same time to make up for the missed dose. If you stop taking Dona®, your joint health symptoms may reoccur.

### Dosing and Administration

Glucosamine is available in the form of caplets. A commonly used dosage is 1500 mg. Make sure to read the label carefully to see how many caplets need to be taken and at what dose. Ensure to ask your doctor/pharmacist for this information. Consult a healthcare professional about glucosamine benefits for joint health before taking it.



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for more information

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