



AIM Frame Essentials is a joint health, dietary supplement that combines four effective ingredients: glucosamine sulfate, glucosamine hydrochloride, boswellia extract and methylsulfonylmethane (MSM).

## How is Frame Essentials Unique?—

- Provides building blocks for healthy joints
- Includes both glucosamine sulfate and glucosamine hydrochloride (HCL)
- Formulated by a naturopathic physician
- Suitable for long-term use

## Approach —

The human skeleton 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.

Joint anatomy differs significantly depending on their function. Synovial joints allow for free movement at the point where bone ends meet, for example, elbows, knees and ankles. These types of joints have a protective cushion of cartilage that provides pain-free, smooth motion at the joint. The capsule of the joint is lined with soft tissue called the synovial membrane, which produces synovial fluid. This viscous fluid lubricates the surface of bone ends protected by cartilage.

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 or lifestyle. The resulting pain can severely affect the quality of your life.

## Glucosamine Complex — (865 mg per serving)

As an amino sugar, glucosamine 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 vital in the formation of cartilage, tendons, ligaments and synovial fluid, and it is involved in the creation of skin, eyes, bones and heart valves.

Both glucosamine sulfate and glucosamine hydrochloride are derived from shrimp shells, which undergo a multi-step extraction process to produce the final forms

## Key Benefits and Features

- Maintains musculoskeletal health
- Improves joint function
- Works in conjunction with regular exercise and a healthy diet to preserve joints and bones as you age
- Provides a biologically active form of sulfur
- Delivers a carbohydrate component of tissue structure

of glucosamine. Although most studies use glucosamine sulfate, both types of glucosamine are beneficial. Frame Essentials contains a 1:1 ratio of glucosamine hydrochloride and glucosamine sulfate.

Glucosamine has been the subject of more than 300 scientific investigations and more than twenty double-blind studies. Its benefits for problematic joints are impressive. Many studies indicate that the longer glucosamine is used, the greater the benefits; therefore, glucosamine is suitable for long-term use.

## Boswellia Extract —

Native to India and the Middle East, the Boswellia serrata tree produces frankincense extract, which is well-known for its therapeutic value. Boswellia serrata has been used for centuries in Indian Ayurvedic medicine to maintain healthy joints. This remains one of its primary uses today.

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



Boswellia's anti-inflammatory properties provide benefits for those with joint or muscle issues related to inflammation.

## Methylsulfonylmethane (MSM) —

MSM is a biologically active form of sulfur, which is the fourth most abundant mineral in the body. Found in every cell, sulfur plays a particularly important role in the structure of tissue. 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 protein-rich foods such as meat, fish, poultry, eggs, milk, cheese, nuts and legumes.

Research has shown that individuals with joint inflammation are often deficient in MSM, and supplementing with MSM can reduce inflammation and help maintain joint and tissue health.

In addition to aiding in joint and tissue health, MSM may provide benefits in other parts of the body affected by inflammation.

As a combination of four ingredients that work individually and collectively, Frame Essentials is an ideal dietary supplement for maintaining joint health. Those with muscular or skeletal pain can benefit from its natural support.

## FAQs

### Does Frame Essentials contain shellfish?

Yes, the glucosamine is derived from shellfish. Do not consume if you have a shellfish allergy.

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

There should be no reason for children to be using this product. Pregnant women should consult a health care practitioner.

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

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

### Can 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 care practitioner when adding new supplements to your regimen.

### Is glucosamine actually absorbed?

Yes, up to 90 percent of glucosamine is absorbed when consumed orally.

## How to use Frame Essentials

- Take 2 capsules twice per day. Best taken with meals. Avoid taking at bedtime.
- Do not use if pregnant or nursing. Consult a health care practitioner before use if taking insulin.
- Not recommended for children.
- Keep out of reach of children.
- **WARNING:** Glucosamine is derived from shellfish.

### 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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