

PERNA[®]

Perna[®] is a dietary supplement to support proper connective tissue and joint functions.*

About Perna[®]

- Perna[®] is a *Perna canaliculus* (New Zealand Green-Lipped Mussel) supplement that provides key building blocks to support the structural integrity and maintenance of joints, ligaments, and tendons.*
- *Perna canaliculus* is an edible species of shellfish from New Zealand. Research over the past 20 years shows that the Perna mussel contains a combination of natural components that benefit joint dysfunction, which is not provided when these components are isolated.*

Perna is rich in:

- **Amino Acids** (essential and non-essential) to support the growth and development of all body tissues*
- **Branched-chain amino acids** (valine, isoleucine, and leucine) used to provide energy directly to muscle tissue*
- **Naturally chelated minerals** (for maximum bioavailability) to support the production of collagen, GAGs, proteoglycans, antioxidants, enzyme activity, and to support bone and skeletal health*
- **Omega 3, 6 and 9 fatty acids** to support joint health, immune system function, skin health, and to help regulate metabolic functions*
- **Naturally occurring glucosamine** to support the production of GAGs and integrity of the synovial fluid*
- **Chondroitin Sulfates** and proteins that work together to regulate the immune response and to neutralize the effects of destructive proteolytic enzymes*
- **Chondroitin Sulfates** to support comfort, improve joint lubrication, elasticity, and vasculature*
- **Hyaluronic Acid** to enhance the production of proteoglycans, support synovial fluid, lubricate connective tissue cells, and to function as a lubricant between the connective tissues of the skin to retain moisture*

Perna is recommended for:

- Supporting full range of motion*
- Joint flexibility*
- Joint lubrication*
- Joint discomfort*
- Strains*
- Sprains*

Suggested Use: As a dietary supplement, take 2 capsule with each meal until results occur, then reduce to 1 capsule with meals, 3 times daily, or as directed by your healthcare practitioner.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 45 or 90

| Amount Per Serving | % Daily Value |
|---|---------------|
| <i>Perna canaliculus</i> (Green Lipped Mussel) 1000 mg | * |
| Alfalfa (<i>Medicago sativa</i>) Herb Powder 200 mg | * |

*Daily Value not established.

Other ingredients: vegetable cellulose (capsule), cinnamon (*Cinnamomum cassia*) oil.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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