



# Hyaluronic Acid

- **A Vegetarian Dietary Supplement to Support Joint and Connective Tissue Functions and Skin Health\***

- **Recommended For:**

- Joint flexibility\*
- Optimizing synovial fluid viscosity\*
- Supporting cartilage health\*
- Promoting healthy skin\*

- **The Advantage:**

- HyaMax™ brand Sodium hyaluronate is a low molecular weight Hyaluronic Acid (H.A.) for optimal utilization by the body\*
- 40 mg of H.A. per capsule
- Combined with Soy Lecithin and Chia (Salvia hispanica) seed for enhanced bioavailability\*
- Vegetarian

**About the Nutrients:**

- Hyaluronic acid (H.A. or Sodium Hyaluronate) is found throughout the body for structural support.\* It is found most abundantly in cartilage, synovial fluid, skin and the fluid of the eye.
- H.A. acts as a cushion and lubricant in the joints and other tissues by helping to thicken synovial fluid, pulling water into the joints and supporting connective tissue structures.\*
- H.A. is a natural moisturizing agent and is essential for the structure of the extracellular matrix which keeps the skin moist and supple.\*
- H.A. acts as a space-filler in dermal layers between skin cells and produces a long-lasting skin enhancement which helps make skin soft, smooth and elastic, especially for the face and lips.\*
- H.A. nourishes and hydrates collagen which is vital to maintaining the skin's layers and structures.\*
- Supplementing with hyaluronic acid for skin and joint health is crucial due to decreased synthesis with aging.\*

- Chia (Salvia hispanica) has been used historically (mainly by the Aztecs) to enhance the uptake of other herbals and natural components.\* It contains protein, minerals, and alpha-linolenic acid (that can be used to produce the essential omega-3 fatty acids EPA and DHA), as well as glycoproteins and glycolipids that have gel forming qualities.\*

- The gel forming properties of the Chia, in combination with soy lecithin, provide a protective coating around the H.A. molecule to support absorption.\*

- Lecithin is a phospholipid found in every cell membrane. It supports cell membrane structure and helps regulate the flow of nutrients into and out of the cell.\* In combination with chia it can form a gel that protects H.A. and supports the absorption process so it can be used where it is needed most.

**Supplement Facts**

**Serving Size: 1 Tablet**

**Amount Per Serving**

Hyaluronic Acid (HyaMax™ brand sodium hyaluronate)	40 mg
Soy Lecithin	100 mg
Salvia hispanica (seed) powder	100 mg

Other ingredients: rice flour, vegetable cellulose, vegetable stearate.

- **Contains: Soy.**

**Warning:** If you are pregnant or nursing, consult your health care practitioner before taking this or any nutritional product.

- **Suggested Use:** As a dietary supplement, take 1 capsule once or twice daily or as directed by your health care practitioner.

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