



**CartiCare Plus™**  
Capsules

**MAINTAINS HEALTHY CARTILAGES & BONES**  
**SUPPORTS JOINT MOBILITY**

INGREDIENTS	STRENGTH	THERAPEUTIC INDICATION
Eggshell membrane	300mg	It provides both the minerals and organic matrix that is needed for correct bone growth and development. It is a great solution to increase bone density to minimize the effects produced by osteoporosis, and to shorten the time needed for bone rebuilding after fractures. It decreases joint stiffness improving the functionality and decreasing joint pain as well, therefore, elderly can improve their autonomy in terms of mobility, increasing their quality of life.
Marine collagen	40mg	Collagen helps maintain the integrity of your cartilage, which is the rubber-like tissue that protects your joints. Studies have shown that fish collagen may help improve symptoms of osteoarthritis and reduce joint pain overall.
Curcuma longa extract	19.5mg	It is used to fight inflammation and as chronic inflammation contributes to many chronic diseases, curcumin may help treat conditions including arthritis.
L-Ascorbic Acid	12mg	Vitamin C is known to be a powerful antioxidant that fights against inflammation by serving as a cofactor in the synthesis of collagen, the primary protein in both joint tissue and bone. It also fights infections that can result in joint inflammation and is highly recommended for those with compromised immune systems – especially those suffering from rheumatoid arthritis.

#### Description:

Carticare Plus Capsules is a dietary supplement specially formulated for the maintenance of strong and healthy cartilages and bones. It offers an effective solution for joint and bone deterioration. It is a combination of four natural source ingredients; Egg Shell Membrane Extract, Marine Collagen, Curcuma longa extract and Vitamin C.

#### Indications:

- Joint pain, swelling and stiffness
- Weak bones and joints
- Low bone density and joint deterioration
- Joint immobility

#### How to take Carticare Plus Capsule

Take one capsule twice daily or as directed by physician.

#### Do not take Carticare Plus Capsules

if you are allergic (hypersensitive) to any of the ingredients of Carticare Plus capsule.  
If any existing hypervitaminosis.

#### Precautions

Do not exceed the recommended intake.  
Do not take Carticare Plus capsule on empty stomach.

#### Taking with other medicines

Tell your doctor if you are taking or have recently taken/used

any other medicines as they may interfere with Carticare Plus capsules.

#### Overdose

If you (or someone else) accidentally take too many capsules, you should tell your doctor at once or contact the nearest accident and emergency department. Show any leftover medicines or the empty packet to the doctor

#### Side effects

No side effect reported.

#### Shelf Life

02 Years

#### Instruction:

Dosage as directed by the physician. Store in a dry place below 30°C. Protect from heat, sunlight & moisture.  
Keep out of the reach of children.

#### Presentation:

CartiCare Plus Capsules are available in Alu-Alu blister pack of 10's in a carton with leaf insert.

#### Disclaimer

This product is a nutritional supplement and not intended for treatment of any disease.

ہدایات:

خوراک ڈاکٹر کی ہدایت کے مطابق استعمال کریں۔

شکست جگہ پر 30°C سے کم درجہ حرارت پر رکھیں۔

گرمی، سورج کی روشنی اور نمی سے محفوظ رکھیں۔ بچوں کی پہنچ سے دور رکھیں۔

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