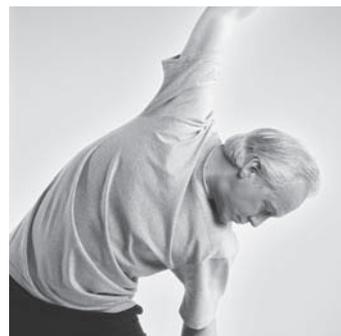


# Full Motion™

Nature's comprehensive nutritional solution for optimal joint health and comfort.



## Get In Motion! Stay In Motion!

Joint pain is a common problem in people of all ages. Lost or damaged cartilage is often the cause, and the result keeps you from leading the active lifestyle you need and want. Full Motion can help to stop or reverse degenerative cartilage loss and support your active lifestyle.

Full Motion is a full-spectrum joint health formulation that contains pharmaceutically pure, "bio-functional" glucosamine hydrochloride, in conjunction with our "joint-friendly" Regenerative Mineral Complex and anti-inflammatory promoting Herbal Comfort Complex. Full Motion provides comprehensive nutritional support for your joints, bones, and your body's natural anti-inflammatory processes.

This unique, breakthrough product provides the following features:

- Pharmaceutically pure, biologically functional glucosamine from Glucosamine Hydrochloride—easy to digest and sulfite-free—minimizing digestive discomfort and allergic reactions
- Herbal Comfort Complex, an exclusive blend of Bromelain, White Willow, and Boswellia, ingredients strongly associated with the body's natural mechanisms for minimizing joint pain and inflammation
- Regenerative Mineral Complex, an exclusive blend of synergistically critical Zinc, Boron, and Silica, key minerals for joint health
- 3D Advantage, which provides optimal bioavailability through maximum Disintegration, Dissolution, and Dispersion
- Formulated under the direction of GNL's Scientific Advisory Board using leading-edge science.



Based in Nature, Backed by Science

\*This statement has not been approved by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# FULL MOTION: Frequently Asked Questions

**Q. What is the purpose of Herbal Comfort Complex (HCC)?**

A. When GNLD formulated Full Motion, our goal was to address the full-spectrum joint health needs of the customer. Because joint renewal or regeneration involves more than what glucosamine alone can provide, we included our exclusive Herbal Comfort Complex. HCC provides White Willow, Boswellia, and Bromelain—all ingredients strongly associated with the body's natural mechanisms for minimizing joint pain and inflammation in biological pathways that glucosamine alone cannot address.

**Q. What is the purpose of Regenerative Mineral Complex (RMC)?**

A. Specific minerals play critical roles in joint health protection and regeneration. RMC is an exclusive blend of Zinc, Boron, and Silica that supports healthy collagen synthesis, synovial fluid balance, and bone to joint structure. Its presence in Full Motion assures a dietary abundance of these biologically critical minerals.

**Q. Why did GNLD choose glucosamine hydrochloride, instead of glucosamine sulfate?**

A. Full Motion utilizes glucosamine hydrochloride instead of sulfate for several important reasons. First, the sulfate form carries a high allergic potential for the many individuals allergic to sulfites. Second, glucosamine hydrochloride is more concentrated, thus the tablets can be smaller and easier to swallow. The hydrochloride form is also easier on the digestive tract. Finally, glucosamine hydrochloride has less sodium than the sulfate form, and limiting sodium intake should be a concern for all adults.

**Q. Why is boron included in Full Motion?**

A. Boron is a trace mineral that reduces calcium loss and bone demineralization. There are often low levels of boron in the bones and joint capsules of arthritic patients. To ensure optimal boron levels, we included boron in Full Motion.

**Q. Do athletes need Full Motion?**

A. Joints often prematurely degenerate due to athletic activity or overuse. Because an athlete's joints suffer more stress than a sedentary individual's, Full Motion is recommended to support joint health while possibly delaying or reducing future joint degeneration associated with overuse.

**Q. If I am allergic to shellfish, can I still take Full Motion?**

A. Allergies are normally a reaction to the proteins in shellfish. Full Motion glucosamine is derived from the shell and is so pharmaceutically pure that there should be no problem with allergic reactions.

**Q. Can I take Full Motion if I am taking other supplements?**

A. Absolutely! You can use Full Motion in conjunction with any other GNLD nutritional supplements—in fact, we recommend you continue with your existing GNLD supplementation program.

**Q. Can I take Full Motion if I am taking medications?**

A. There are no known negative interactions associated with the ingredients in Full Motion and prescription drugs. However, as with all of GNLD's nutritional supplements, if you are under a doctor's care, we recommend that you first consult with your doctor before using Full Motion.

**Q. Both Full Motion and Formula IV® Plus contain 100% of the daily value of zinc. Will I be taking too much zinc if I take Full Motion and Formula IV Plus?**

A. In general, a daily intake up to 75 mg of zinc is considered safe for the vast majority of the population. The total amount in Formula IV Plus and Full Motion together is well within a safe daily intake.

**Q. Many glucosamine products contain chondroitin. Why did GNLD choose not to include it in Full Motion?**

A. Although chondroitin is used in many products, there is no significant scientific proof chondroitin works. When chondroitin is absorbed, it is digested into components, and there is no evidence it is "reassembled" once absorbed. Cells need glucosamine to make cartilage, not chondroitin.

**Q. Can I take all three tablets at one time?**

A. Yes. Spreading your consumption of Full Motion throughout the day may enhance absorption efficiency, but there is no reason to prevent you from taking all three tablets at one time.

**Q. Why didn't GNLD use MSM in Full Motion?**

A. MSM, Methyl Sulfonyl Methane, is a derivative of the solvent DMSO. MSM is not part of the human food chain, and so there is no dietary need for it. Additionally there is no evidence MSM promotes cartilage repair or regrowth.

**Q. Why didn't GNLD use a vegetarian source for the glucosamine?**

A. There is no commercially viable vegetarian source for glucosamine that meets our stringent requirements for purity and for following "Nature's Blueprint."

**Q. Can diabetics safely take products such as Full Motion which contain glucosamine?**

A. Absolutely! Diabetics can take Full Motion without worry about affecting insulin or blood-sugar levels.

**Q. Can Full Motion cause my blood pressure to rise?**

A. There are no ingredients in Full Motion that cause or exacerbate hypertension.

**Q. Are there any side effects with Full Motion?**

A. Because Full Motion is not a drug, there are no side effects.



“11 years ago, I suffered a life-altering motorcycle accident that crushed my ankle and nearly severed my foot. I lost 80% of my mobility and needed painkillers every day. Within days of starting Full Motion, I no longer began my day reaching for painkillers. After several weeks, it no longer takes me 15 minutes to ‘loosen up’ my foot in the morning. I can get out of bed ready for my day!”

—*Deb Abbott*

“I have had joint pain—especially in my knees—for years. I could play tennis for only 15 minutes before I would have to quit and ice my knee. Since using Full Motion, I have graduated to 45 minutes of pain-free tennis—without ice!”

—*Kimberly Spruyt*

“I work in construction and swing a hammer most days, and my shoulder hurts all the time. So I’ve taken other glucosamine products before—but they didn’t work that well, and I was skeptical. I was very surprised at the difference, though. After 3-4 weeks on Full Motion, my shoulder stopped hurting! What a nice change to come home from work pain-free!”

—*Ross MacDonald*

“After 3 surgeries to repair a torn ACL, a bag of ice was never far from my knee. After a month taking Full Motion, though, I was able to play basketball and ride bikes with my son—and not think about ice!”

—*Jermaine Shaffer*

“For years I’ve had allergies to shellfish. Since then, I avoid all seafood—so I was pleased to learn that the glucosamine in Full Motion is allergen free! I have been using Full Motion for over a year and have had no undesirable reactions whatsoever! And my joints feel better, too!”

—*John Ziegler*



**INTERNATIONAL**

Contact your independent GNLD Distributor