

10% NIACINAMIDE COLLAGEN POWER



WHY DO I NEED THIS PRODUCT

10% Niacinamide - Collagen Power Liposomal Cream is formulated to support the treatment of osteoarthritis, joint pain and bone-on-bone pain. Niacinamide is effective in reducing inflammation which can help reduce symptoms of arthritis while supporting joint cartilage that is crucial to mobility and strength.

WHAT IS NIACINAMIDE?

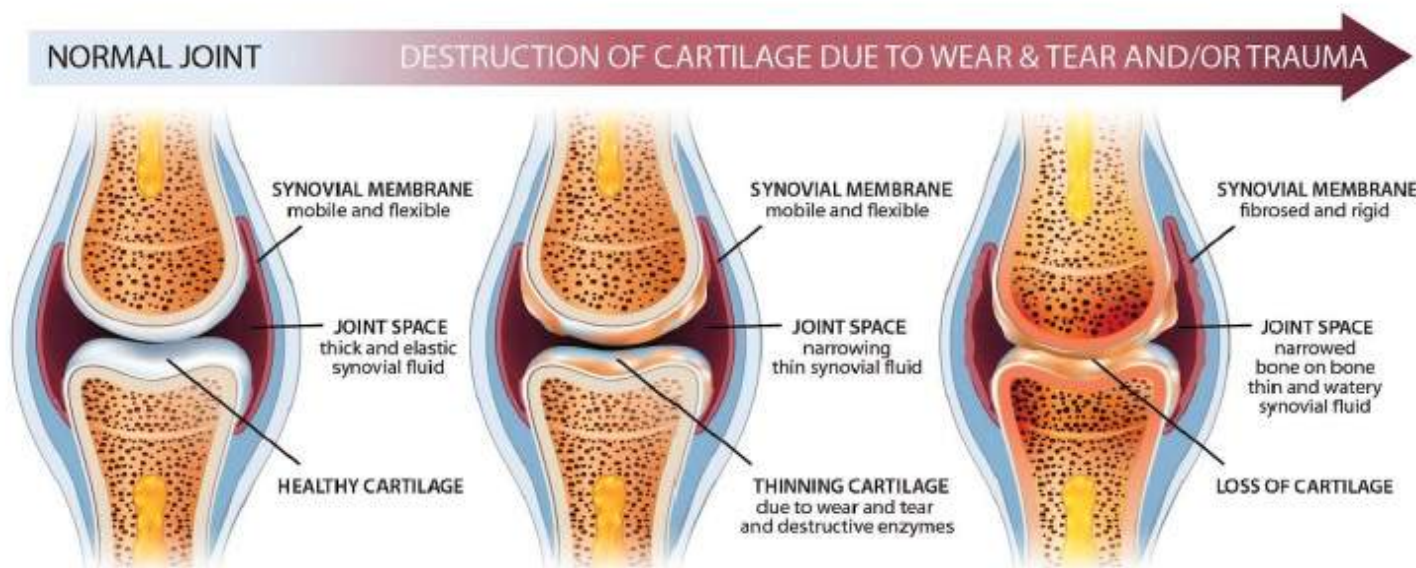
Niacinamide, also known as (niacin) and (nicotinamide) is an important lipid-altering, water-soluble component of the **vitamin B complex**. Niacinamide is a form of **vitamin B3** which is an essential nutrient. A **B3 deficiency** can lead to disorders of the skin, kidneys, and brain. Taking niacinamide can help prevent B3 deficiency.

WHAT DOES IT DO?

In a preliminary double-blind, placebo-controlled study, the study indicated that niacinamide improved the global impact of osteoarthritis by reducing inflammation and **increasing joint mobility to the point the subjects could take less non-steroidal anti-inflammatory medications (NSAIDs) to control arthritic pain.**¹

HOW DOES NIACINAMIDE HELP JOINTS?

Dr. Kaufman pioneered the use of niacinamide for osteoarthritis in the 1940s and reported on his results in the groundbreaking 1949 book, *The Common Form of Joint Dysfunction: Its Incidence and Treatment*. When asked how niacinamide helps with joints, Dr. Kaufman explained, "niacinamide has the special capacity of **"wringing out"** excess fluid from cartilage and connective tissue. It is also anti-inflammatory."²



APPLICATION INSTRUCTIONS

Massage (1-2) pumps daily on clean skin, continue until fully absorbed. Apply to arms, hands, neck, back, legs, ankles, feet or any afflicted areas. May be applied several times a day.

BEST TIME TO APPLY CREAM:

Apply when experiencing bone-on-bone, ligament or joint pain as well as areas exhibiting symptoms of arthritic inflammation. Apply daily as a regular supplementation routine morning and/or evening there is no toxic level.

30 SECOND EXTRA RUB:

Rub Nutra Relief creams gently on skin for 30 seconds longer than normal until cream is fully absorbed. The rubbing acts as a mechanism for the cream to fully penetrate the skin.

AVOID COMBINING CREAMS:

Avoid layering multiple creams on top of each other or with other non-liposomal creams. Other creams are made with toxic chemicals which could cause irritation.

TOP NIACINAMIDE BENEFITS:

- Rebuild joint cartilage
- Helps reduce symptoms of arthritis
- Excellent anti-inflammatory properties
- Supports osteoarthritis, bone and joint pain

RECOMMENDED BENEFICIAL AREAS FOR NUTRA RELIEF CREAM APPLICATION

