

# DONA™

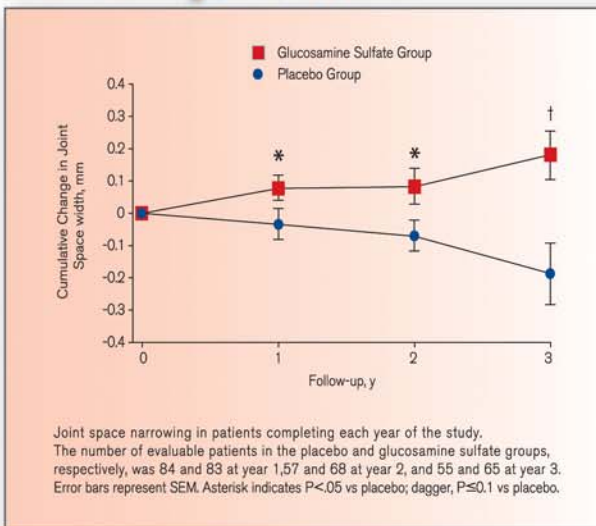


**The ONLY  
Glucosamine Brand  
with Clinical Proof**



When Helen and Mike take their canoe out on the lake, they're relying on Dona.

**Two landmark 3-year studies show that Dona can improve joint flexibility and, more importantly, rebuild and maintain joint health\***



\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

SCIENCE *in motion*

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**The Glucosamine sulfate with the most clinical proof for promoting healthy joints.**



When Artie reaches the green in two, he's relying on Dona.

**DONA™**  
*The original* **Crystalline Glucosamine Sulfate®**  
DIETARY SUPPLEMENT



When David goes for his daily bike ride, he's relying on Dona.

## DONA™ The Glucosamine sulfate with the most clinical proof.

While all Glucosamine sulfate supplements claim to improve joint health, doesn't it make sense to depend on the one used in 90% of all studies? The one that's shown to be effective and safe? Well, now you can—with Dona.

### **Dona has the proven science leading to better joint motion.**

Two landmark 3-year studies show that Dona can improve joint flexibility and, more importantly, rebuild and maintain joint health.\* Leading medical journals like The Lancet warn that without head-to-head trials, other Glucosamine products may not have the same benefits as Dona. Recent 5-year follow-up studies show a 73% decrease in risk of total joint replacement for patients on Dona regimen versus patients on placebo.

### **Prescription strength, prescription quality.**

Dona was developed by a pharmaceutical company in Europe, where it's actually a prescription medicine. In fact, Dona is the number prescribed Glucosamine sulfate in over 60 countries. That means Dona is made under those strict pharmaceutical standards, even though here you can get Dona right on the shelf.

### **Science in motion, you in motion.**

While Dona is proud to be the leader in Glucosamine sulfate research, even more important is what Dona can mean to you. Like another nine holes. Or more time kayaking on the lake. Or a longer bicycle ride through the woods. That's really what science in motion is all about.

### **What is Dona?**

Dona is Glucosamine sulfate, a key building block for your body to make cartilage.

### **How does Dona work?**

As we age, or if we place a lot of constant stress on our joints, the cartilage begins to break down and wear thinner. (Athletes or dancers often show signs of cartilage wear at a much younger age). Dona works by helping rebuild cartilage and preventing it from breaking down. Healthy cartilage keeps your joints flexible and free of pain and that makes just about everything you do feel easier.

### **Why haven't I heard of Dona if it's been researched for years?**

Dona is new only to the U.S. and Canada, where it was just introduced. But it's been a prescription medicine around the world for over 10 years. In fact, it's the number one prescribed Glucosamine sulfate in 60 countries. However, here you can get Dona right on the shelf.

### **Is Dona the same as other joint supplements?**

No. In fact, Dona is the Glucosamine sulfate used in over 90% of the studies showing the effectiveness and safety of this supplement. Without head-to-head clinical studies comparing Dona with other Glucosamine products, it's impossible to attribute Dona's benefits to these other compounds. Plus, Dona is made according to the strict standards for prescription medicines.

### **Does Dona work right away?**

Although you may feel some relief from joint stiffness in as little as two weeks, you won't actually be getting the full benefit of Dona before 3 months. Because Dona helps you rebuild cartilage, it can continue working for you as long as you take it.

### **How much should I take?**

The recommended dose is 1500mg. Each packet of crystalline powder Dona is one full daily dose. If you choose Dona caplets, you should take 2 once-a-day.

### **Who should take Dona?**

Anyone who would like to keep their joints healthy and flexible. Almost all of the studies with Dona were done on people suffering from osteoarthritis, so the beneficial results were shown with these sufferers in particular. Remember, too, that while most medicines recommended for osteoarthritis may reduce joint inflammation, Dona also helps rebuild and maintain the actual joint tissue.

### **How does Dona compare with something like ibuprofen?**

Recent studies have actually compared Dona with ibuprofen, a commonly used NSAID (non-steroidal anti-inflammatory drug) for osteoarthritis symptom relief. While an NSAID like ibuprofen gives you relief quicker, within 2 weeks Dona had comparable results. After 12 weeks of use, Dona showed lasting improvement in symptom relief for up to 2 months. Relief with ibuprofen wears off within hours. Plus—and for many chronic sufferers who take medication regularly, a big plus—Dona is significantly easier on your stomach than NSAIDs.

### **How does Dona compare with something like Acetaminophen?**

A recent study ("GUIDE Trial") has actually compared Dona with Acetaminophen and with Placebo. The results from the 6-months controlled clinical trial showed that Glucosamine sulfate efficacy on knee osteoarthritis symptoms was significantly better on all parameters as compared to Placebo and tended to be better than Acetaminophen. The latter failed to show a better efficacy than Placebo on most symptom assessments.

### **How safe is Dona?**

Studies show that Dona is as safe as a sugar pill (placebo).

### **Since Glucosamine sulfate is an amino sugar, will it affect people with diabetes?**

In both short-term and long-term studies (3 years), Glucosamine sulfate did not raise glucose levels, even in diabetics.

### **I've heard Glucosamine sulfate is made from shellfish.**

### **Will Dona affect people with this allergy?**

No. Dona is highly purified and doesn't contain the elements that might cause allergic reactions. However, as with any medicine or supplement, if you experience side effects, you should speak with your doctor.

When Lauren reaches mile #6, she's relying on Dona.

