

FREE AND EASY *for* HUMANS

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Another absolutely fabulous product to add to the Basic Program for all humans with joint/ligament/tendon issues is **Free and Easy**. Because this formula actually helps to pull toxins/acids from the joints and increase circulation, it can cause some initial discomfort. It is best to start slowly and build up to correct amounts for each individual. Also, while most formulas are the same for all species, the **Human F&E** contains *Cortex Larix* and *Boswellin* rather than *Yucca*.

The horse form of **Free and Easy** was the first developed and many dogs and humans partook of it with superior results before their species specific products, which work even better for each species, became available.

Two vets who think this product is excellent are:

- L. Phillips Brown, DVM, Zila Neutraceuticals Research Veterinarian, says "*DYNAMITE's Free & Easy is the most synergistic joint formulation on the market.*"

- Paul R. Bruton, DVM, of Texas says "*In my 15 years of practice, I've used Cosequin, Synoflex, Arthroflex, FlexFree (and many other 'flexes'), Adequan and Legend. None compares cost wise or gives as consistently good results as DYNAMITE's Free & Easy.*"

One of the reasons it works so well is that **DYNAMITE®** uses pure **enzyme-extracted** forms of chondroitin and glucosamine instead of the usual sulfate (extracted with sulfuric acid) or hydrochloride (extracted with muriatic acid) forms and this makes these nutrients exceptionally bio-available. Other reasons, and ingredients, for its excellence are the anti-inflammatory agents of many other ingredients. Since inflammation draws calcium, reducing the inflammation will reduce calcification.

Here's an ingredient run-down:

Gelatin—provides an excellent source of proteins and nutrients needed for formation of collagen and connective tissues.

Ester C® - a buffered form of vitamin C that is "body ready" and 4 times more available to the tissues than ordinary, highly acidic vitamin C. Although horses can manufacture vitamin C in their bodies under ordinary conditions, stresses such as heavy exercise, injuries or respiratory problems increase the demand for C. An important component of collagen or connective tissue, **Ester C®** functions as a chondroprotective, anti-inflammatory and immunoresponsive substance.

Calcium heptahydrate—acts as a buffer for acid in the horse's system; it is actually a geyser exudate containing a full spectrum of completely unrefined natural minerals in addition to calcium.

Sulfur—important to the synthesis of collagen and elastin and cellular flexibility which allows toxins and fluids to pass through, alleviating pressure build-up and inflammation in joints; **DYNAMITE®** carries sulfur separately for those needing extra amounts, in the form of **MSM**.

Chondroitin—produced in cartilage, it is important for bone integrity and has an anti-inflammatory effect, as well, by preventing destructive enzymes from breaking down joint tissue and hyaluronic acid in addition to preventing clumping and clotting in the arteries. Particularly advantageous to race horses

and others under competitive stress.

Hyaluronic Acid—produced in normal, healthy cartilage matrix in joints and necessary for production of healthy synovial (joint) fluid.

Glucosamine—a precursor molecule for chondroitin and other MPS's (mucopolysaccharides) or GAG's (glycosaminoglycans). These modified sugar chain substances react with collagen and elastin to maintain the structure of joints, arteries, heart, brain, skin and other tissues, and are the basis of cartilage as well. So, GAG's and MPS's maintain the elastic or gel nature of tissues. Glucosamine is also a precursor for hyaluronic acid, making up 50% of the acid.

Cortex Larix—A rare and powerful "super bioflavonoid" from regions of Siberia which contains the additional value of natural glycosaminoglycans.

Boswellin - Ancient Indian writings spoke of therapeutic compound from the dry hilly areas of India, the gum of the *Boswellia* tree (also known as the *Frankincense tree*). This natural product exhibits potent anti-inflammatory and anti-arthritic properties with additional values of improving the blood supply to joints and repair of damaged blood vessels. In one study of 175 patients with rheumatic disorders such as rheumatoid arthritis, 122 participants had reduced stiffness and inflammation just two to four weeks after starting *boswellin*.

Una de Gato (Cat's Claw) - a powerful botanical from the Amazon revered as an anti-inflammatory substance and antioxidant for generations. Modern research has isolated a number of organic compounds called *alkyloids* which assist the body in disposing of harmful microorganisms and cellular debris and inhibiting platelet aggregation. In vitro studies prove Cat's Claw to be a powerful antioxidant, scavenging the free radicals (by-products of exercise and cellular metabolism) that contribute to degenerative disease including arthritis.

Aloe Vera—also called the "medicine plant" for its soothing properties internally and externally, it is high in vitamin C, amino acids, and enzymes, plus it contains potassium, calcium, sodium, manganese, magnesium, silicon, iron, lithium and copper. A great digestive aid, aloe is healing to the stomach and has been used traditionally for ulcers to which competitive horses are prone.

Amino Acid Chelates of Zinc, Manganese and Copper are important in the body's production of superoxide dismutase. SOD is an enzyme essential for proper functioning of the immune system and for the prevention of free radical formation. Extensive research has proven the benefits of SOD in relief of arthritic conditions. Manganese and copper in particular are essential for the production of GAG's and collagen formation. **DYNAMITE®**'s amino acid chelated minerals are patented formulations proven to have superior absorption over the protein-ate, oxide or sulfate forms. Chelation also protects minerals from negative interaction with other nutrients.

However, be sure to address underlying dietary habits which may contribute to arthritic (over acid) conditions by heading toward a 80% alkaline: 20% acid and avoiding caffeine and vegetables in the nightshade family (potatoes, tomatoes, peppers, eggplant) which can act as irritants for some people. ■