# Ultraplex Joint Performance

## Clinical Applications

- Supports Joint Mobility and Comfort*
- Supports Healthy Synovial Fluid*
- Supports Joint Integrity and Function*`

***Ultraplex Joint Performance*** *is a breakthrough formula designed for active adults who don't want to slow down or reduce their ability to perform athletic tasks–from walking to extreme sports. It promotes healthy joint fluid and synovial membranes, supports joint mobility, and helps support cytokine and eicosanoid balance. Keep the fluid in your joints healthy just as you would change the oil in your car to get more mileage. Let Ultraplex Joint Performance help you stay active and perform well!**

All Elevation Ultraplex Formulas Meet or Exceed cGMP Quality Standards

## Discussion

**Ultraplex Joint Performance** provides primary support for joint lubrication and comfort in the face of aging, normal wear and tear, and robust physical activity. This unique formula addresses the health of the total joint, including articular cartilage (highly specialized connective tissue), the synovial membrane (a thin layer of tissue that contains synoviocytes), and the synovial fluid (the fluid that lubricates the joint). Providing early support for the joint's cartilage matrix can tip the balance in favor of anabolism (building up) versus catabolism (breaking down). A proprietary blend of ingredients makes Ultraplex Joint Performance the early "go-to" formula for healthy joint maintenance.*

**Hyal-Joint®** This proprietary complex is rich in high-molecular–weight hyaluronic acid, along with polysaccharides and collagen. Hyaluronic acid (HA), the principal component of Hyal-Joint, is a lubricating substance produced naturally in the body.[1] It is found in abundance in the synovial fluid and extracellular matrix of joints where it reduces friction between cartilage surfaces and helps maintain cytokine balance. Hyaluronic acid helps maintain the quality of the synovial fluid and the integrity of the synovial membrane, both key factors in the health of the joint itself. Oral HA is absorbed in the small intestine and has yielded positive results in human, animal, and cell studies.[2,3] Cell studies suggest that high-molecular–weight HA has a positive effect on cytokine balance due to downregulation of IL-8, iNOS, aggrecanase-2, and TNF-alpha gene expression.[4] In vitro efficacy studies found Hyal-Joint to be two to four times more effective than fermented HA in stimulating the synthesis of endogenous HA and improving the concentration and viscous properties of joint fluid.*[5-7]

Research on Hyal-Joint has yielded positive outcomes.[8-14] A randomized, double-blind, placebo-controlled trial indicated that oral Hyal-Joint (80 mg/d) resulted in significant improvements in WOMAC (Western Ontario and McMaster Universities Osteoarthritis) scores compared to baseline, with a greater magnitude of improvement in physical function and total symptoms when compared to placebo. Hyal-Joint was found to improve several markers of quality of life in the study as well.[2] Oral supplementation with Hyal-Joint resulted in a decrease in synovial effusion and occasional pain when compared to other treatment.[8] Several other human studies showed varied positive effects of Hyal-Joint supplementation at 80 mg/d for three months.[9-11] The observed benefits included improved joint mechanics, increased muscle strength and function, increased joint comfort and mobility, and reduced fluid accumulation. In one study, pre- and post-intervention peripheral blood samples taken in a subset of patients showed that supplementation improved gene expression related to GAG metabolism and extracellular matrix remodeling.*[11] Animal studies have yielded promising results suggesting that Hyal-Joint supports joint tissue at the cellular level[12] and reduces synovial effusion.[13] Hyal-Joint was found to lower levels of prostaglandin E2 (PGE2) in human fibroblasts cells which, in turn, supports eicosanoid balance in the body.*[14]

**Hesperidin** A citrus bioflavonoid that has been studied for its effect on cytokine balance, hesperidin (HES) is often combined with other therapeutic agents.[15] Research suggests that oral HES can support joint health; when administered, it significantly improved all clinical parameters measured,[16] suppressed clinical scores, and improved histological features in the animal model.[17] Hesperidin administration was associated with the suppression of T-lymphocyte proliferation and IL-2 production; downregulation of IL-1, IL-6, and TNF-alpha; and amelioration of pathological changes in a targeted rat population.*[18]

**Xanthohumol** Hops are used traditionally to promote relaxation and healthy mood.[19] However, current research suggests that hop extract, particularly xanthohumol (XN), helps support eicosanoid and cytokine balance and joint health.[20-23] Specifically, XN was found to be superior to other hops-derived compounds (including isoxanthohumol) for inhibiting hyaluronic acid export, inhibiting proteoglycan and collagen loss, and supporting cytokine balance in bovine chondrocytes.[21] XN appears to suppress production of nitric oxide, IL-1β, and TNF-α; induce nuclear translocation of Nrf2; and increase cellular glutathione.[24] Furthermore, XN appears to confer additional support for cytokine balance by downregulating cellular toll-like receptor 4 (TLR4) protein content.[25] Ultraplex Joint Performance contains a concentrated extract of xanthohumol.*

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

Ultraplex Joint Performance

# Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

| | Amount Per Serving | %Daily Value |
|---|---|---|
| Ultraplex Joint Performance Proprietary Blend (Hesperidin from *Citrus sinensis*) fruit), Rooster Comb Extract providing high-molecular–weight hyaluronic acid, other polysaccharides, and collagen), and Hops 9-11 1 Extract *Humulus lupulus*) strobile) | 515 mg | ** |

** Daily Value not established.

**Other Ingredients** Capsule hypromellose and water), dicalcium phosphate, ascorbyl palmitate, silica, and medium-chain-triglyceride oil.

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## Directions

Take one capsule twice daily, or as directed by your healthcare practitioner.

Consult your healthcare practitioner prior to use. Individuals taking medication should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged.

## References


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## Does Not Contain

Wheat, gluten, corn, soy, dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.

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