



# Hyaluronic Acid

## INTRODUCED 2003

### What Is It?

Hyaluronic acid, or HA, is a naturally occurring polymer found in every tissue of the body. It is particularly concentrated in the skin (almost 50% of all HA in the body is found in the skin) and synovial fluid. It is composed of alternating units of n-acetyl-d-glucosamine and d-glucuronate. This polymer's functions include attracting and retaining water in the extracellular matrix of tissues, in layers of skin, and in synovial fluid.\*

### Features Include

**Easily Absorbed:** In nature, HA is a large molecular weight compound, ranging in size from 500,000-6,000,000 daltons. This is too large to be absorbed in the small intestines. Pure Encapsulations HA has undergone a sophisticated, patent-pending enzymatic process that alters the molecular weight, though not chemical composition. The final result is an easily absorbed HA polymer with a molecular weight of 5,000 daltons.

**Preliminary Research:** Subjective evaluations conducted by scientists at a Japanese university involved 96 individuals. The reports suggest an enhancement of skin and joint health using low molecular weight HA. A number of anecdotal and preliminary results also indicate a positive effect on skin and joint health.\*

### Uses For Hyaluronic Acid

**Skin Health:** For skin cells, the ability of HA to attract and retain water is essential for proper cell-to-cell communication, hydration, nutrient delivery, and waste and toxin elimination. HA also appears to support the skin by promoting healthy turnover and renewal of keratinocytes, moderating the appearance of fine lines and age spots.\*

**Joint Health:** For joints, HA is especially supportive of healthy lubrication and shock absorption. Furthermore, in vitro studies indicate that HA modulates prostaglandin production, providing additional support for joint function.\*

### What Is The Source?

The source of Pure Encapsulations Hyaluronic acid is rooster comb. Hypo-allergenic plant fiber is derived from pine cellulose.

### Recommendations

Pure Encapsulations recommends taking 6 capsules per day, in divided doses, with or between meals.

### Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

### Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

#### Hyaluronic Acid

each vegetable capsule contains  3

hyaluronic acid powder (low molecular weight) ..... 70 mg  
(hypo-allergenic plant fiber added to complete capsule volume requirement)  
other ingredients: maltodextrin

6 capsules per day, in divided doses, with or between meals.

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

For educational purposes only. Consult your physician for any health problems.

