Structure Joint Support Supplement

Well-Researched Ingredients Maintain Flexible Joints and a More Active Lifestyle

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If joints aren’t working properly, it can lead to not performing your best in sports or having to sit home when you would rather be participating in your favorite activity. It can lead to many uncomfortable days sitting at home or keep you distracted at work. It becomes a vicious cycle because when your joints hurt, you don’t want to exercise.¹ This lack of exercise leads to weight gain. And the more weight you gain, the more uncomfortable your joints become because the increased weight puts a larger load on the joints.¹

The dietary supplement Structure was created with joint health in mind. Science shows that the nutrients in Structure can support healthy, flexible joints.

**Glucosamine Sulfate**

Glucosamine occurs naturally in the human body as an amino sugar. It’s included in Structure because by building connective tissue, cartilage, and ligaments, glucosamine acts like the glue that holds joints together. It also lubricates the joints, which makes them more comfortable. Studies show glucosamine supports healthy knee joints and strengthens the knee.²,³ Glucosamine is a building block of glycoproteins, proteoglycans, and glycosaminoglycans such as hyaluronic acid, molecules important for the flexibility and elasticity of joints and skin.⁴,⁵

Glucosamine is often combined with chondroitin sulfate, a pairing which is especially effective at supporting joint health. For example, in one randomized, double-blind trial of 606 patients, a combination of glucosamine and chondroitin sulfate maintained knee joint comfort, flexibility, and mobility.⁶

**Chondroitin Sulfate**

Chondroitin sulfate, another important ingredient in Structure, is a sulfated glycosaminoglycan and serves as a building block for joints. Like glucosamine, chondroitin sulfate is backed by a number of randomized, double-blind studies that show it supports comfortable knee joints and mobility.⁷-⁹

**Methyisulfonylmethane (MSM)**

Methyisulfonylmethane (MSM) is a rich source sulfur, the third most abundant mineral in the body.¹⁰ Sulfur is an important part of collagen, a protein that upholds the structure of connective tissue and skin. As a source of sulfur, MSM keeps the joints strong and skin healthy.¹⁰ Structure includes MSM because studies show it has powerful joint-supporting benefits when used with glucosamine and chondroitin sulfate. For example, in one randomized, double-blind, placebo-controlled trial, 147 people were given either glucosamine plus chondroitin, glucosamine plus
chondroitin and MSM, or a placebo for three months. The group given chondroitin, glucosamine, and MSM experienced the greatest benefits to joint health measurements.

**Bromelain**

Structure also includes bromelain, a group of enzymes derived from pineapple. These are known as proteolytic enzymes because they break down protein in the body into amino acids. Although it can act like digestive enzymes when taken with food, bromelain on an empty stomach soothes the joints. A review of 10 studies confirmed that bromelain made knee joints more comfortable and improved joint flexibility. Its mechanism of action involves breaking down fibrin to encourage healthy and normal blood clotting. In addition, it lowers levels of debris and immune complexes that play a role in joint comfort.

**Boswellia serrata**

Boswellia, also known as frankincense, is included in Structure because it has many beneficial properties, including supporting a healthy inflammatory response. Randomized, double-blind trials have found it improves joint comfort and flexibility and increases walking distance.

**Conclusion**

The combination of glucosamine sulfate, chondroitin sulfate, MSM, bromelain, and *Boswellia serrata* is an especially effective way to support joint health. A large number of studies show these ingredients may help you stay active as you grow older and maintain a healthy quality of life.

**References:**


