

**Instructions:** Read these instructions carefully before you start using Synofit. Synofit is a Green-lipped mussel and Curcumin-based treatment for flexible joints. Both the product and accompanying information have been prepared with the utmost care. The instructions apply only to the use of Synofit. Keep this instruction leaflet, as you may need to read it again. For more information consult your pharmacist or shop assistant or go to the website [www.synofit.co.uk](http://www.synofit.co.uk).



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**Synofit Premium**

**Synofit Premium, liquid joint treatment**

Synofit is a joint treatment containing the active ingredients Green-lipped mussel (*Perna canaliculus*) and Curcumin (*Curcuma longa*). The Green-lipped mussel is exclusively found in the unpolluted waters of New-Zealand. Synofit contains 100% pure Green-lipped mussel in a liquefied, stabilised form for which no heat, chemicals or solvents are used (GLMax™). This means the Green-lipped mussel in Synofit still is a source of Glycosaminoglycans, proteins, Furan fatty acids and Omega-3 fatty acids. The Glycosaminoglycans include Glucosamine and Chondroitin sulphate. In addition to the well-known Omega-3 fatty acids EPA and DHA, GLMax™ also contains the rare fatty acids ETA, ETE and DTA. Curcumin is the main active component of Turmeric. Curcumin is 100% natural and has been used in India for centuries. Curcumin is an anti-oxidant with a protecting influence on healthy tissues and cells. Synofit uses highly concentrated Bio-Curcumin (BCM-95®) of premium quality. The active compounds in Blackcurrant (*Ribes nigrum*) leaves support healthy joints and muscles. Synofit contains Vitamin C, which supports the immune system and helps to maintain healthy cartilage. Furthermore, Synofit Premium Liquid contains Boswellia (*Boswellia serrata*).

Composition of Synofit Premium Liquid:			Composition of Synofit Premium Capsules:		
<b>Ingredients:</b> water, green-lipped mussel** (molluscs; <i>Perna canaliculus</i> ; origin: New-Zealand), blackcurrant ( <i>Ribes nigrum</i> ) leaf, curcumin*** ( <i>Curcuma longa</i> ), boswellia ( <i>Boswellia serrata</i> ), vitamins (vitamin C, vitamin E, vitamin D3), minerals (calcium), aroma (banana), sweetener (steviol glycosides), conservation (citric acid, lactic acid, potassium sorbate)			<b>Ingredients:</b> olive oil, gelatin (fish; capsule), green-lipped mussel** (molluscs; <i>Perna canaliculus</i> ; origin: New-Zealand), blackcurrant ( <i>Ribes nigrum</i> ) leaf, curcumin ( <i>Curcuma longa</i> )***, vitamins (vitamin C, vitamin E, vitamin D3), minerals (calcium), emulsifiers (sunflower lecithin, glycerin), stabilisers (beeswax), colourants (chlorophylline)		
<b>Ingredients per daily dose (10 ml)</b>	Amount	% RI*	<b>Ingredients per daily dose (3 capsules)</b>	Amount	% RI*
Green-lipped mussel** ( <i>Perna canaliculus</i> )	300 mg	-	Green-lipped mussel** ( <i>Perna canaliculus</i> )	300 mg	-
<i>Ribes nigrum</i> leaf extract 1:10	167 mg	-	<i>Ribes nigrum</i> leaf extract 1:10	165 mg	-
Curcumin*** ( <i>Curcuma longa</i> )	90 mg	-	Curcumin*** ( <i>Curcuma longa</i> )	90 mg	-
Boswellia ( <i>Boswellia serrata</i> )	50 mg	-	Vitamin C (Ascorbic acid)	51 mg	64 %
Vitamin C (Ascorbic acid)	49 mg	61 %	Calcium (Calcium gluconate)	22,3 mg	2,8 %
Calcium (Calcium gluconate)	22,3 mg	2,8 %	Vitamin E (DL-alpha-Tocopherol acetate)	4,5 mg	45 %
Vitamin E (DL-alpha-Tocopherol acetate)	5 mg	50 %	Vitamin D3 (Cholecalciferol)	5 µg	100 %
Vitamin D3 (Cholecalciferol)	5 µg	100 %			
* RI = reference intake			The capsule is made of fish. This product is free of conservation and aromas.		
** 100% pure Green-lipped mussel (GLMax™)					
*** Highly concentrated Bio-Curcumin (BCM-95®)					

**1. What is Synofit Premium and what is it used for?**

Synofit Premium is a liquid joint treatment that helps to keep the joints flexible. It contains Green-lipped mussel and Curcumin. Synofit Premium Capsules are capsules with a liquid content.

**2. What do you need to know before using Synofit Premium?**

Synofit Premium is delivered as a pure liquid (Synofit Premium Liquid) or as capsules with a liquid content (Synofit Premium Capsules).

Make-up and package contents:

**Synofit Premium Liquid** comes in a white 200 ml or 400 ml PET bottle, which is impenetrable to sunlight and has been approved for public consumption. The cap has a seal that breaks when opened. The packaging also contains an extra cap for easy dispensing and a spoon with 5 ml and 2.5 ml

measurement marks to measure out the correct amounts. Rinse with hot water and clean the spoon after each use. The pack size 400 ml is not suitable for the follow-up course of treatment, because of the limited storage life after opening (45 days).

**Synofit Premium Capsules** are contained in a blister which has been approved for public consumption. Synofit Premium Capsules are available in packages of 60 or 120 pieces.

**3. How to use Synofit Premium**

**Synofit Premium can be used as a pure liquid (Synofit Premium Liquid) or as capsules (Synofit Premium Capsules).**

**Synofit Premium Liquid:** For the first 40-80 days, take 5 ml Synofit Liquid each morning and evening before a meal. Do not exceed the recommended dosage. If, after this period, your joints feel supple and comfortable,

you could reduce usage to 5 ml each morning before a meal; or to 2,5 ml each morning and evening before a meal.

**Synofit Premium Capsules:** For the first 40-80 days, take one (1) Synofit Premium Capsule three times a day before a meal. If, after this period, your joints feel supple and comfortable, you could reduce usage to one Synofit Premium Capsule two times a day. In some cases, one Synofit Premium Capsule per day is sufficient.

**4. Warnings, special precautions and side effects**

**Please note! Not suitable for people allergic to molluscan shellfish.** Although some users allergic to shellfish have experienced no ill effects from using Synofit, we still recommend not to use Synofit if you are allergic to shellfish. Not for children. Do not use during pregnancy. Do not use if you have large gallstones. Do not use if packaging is damaged or if the product is past its expiration date. This date, which is printed on the bottle and blister, indicates when the product can no longer be guaranteed to be of the highest quality. For the follow-up treatment, the pack size 400 ml is not suitable, because of the limited shelf life after opening.

**Nutritional supplements should not be seen as a substitute for a balanced meal.**

**Cases of incompatibility:**

Please consult your pharmacist if you will start using the following medication with Synofit Premium:  
**Sulfasalazine** (used for intestinal disorders, arthritis or skin problems)  
**Talinolol** (a beta blocker)  
**Imatinib** (used for malignancies)  
 This is because the ingredient Curcumin may have an interaction with the above-mentioned drugs. However, there have been no known problems with using Synofit Premium in combination with medication and nutritional supplements.  
 Mixing Synofit with other compounds or taking Synofit at the same time is nevertheless not recommended.

**Driving and diabetics:**

Synofit Premium is a natural product and does not affect your ability to drive a vehicle. Synofit Premium Liquid does not contain any sugars, but the 100% natural sweetener steviol glycosides.  
**Please note In rare cases, Synofit Premium can have an effect on blood sugar levels in diabetics.**

**Side effects:**

The following phenomena have been associated by users with Synofit Premium:

**Occasionally:** diarrhoea, constipation, reflux after ingestion, nausea (usually only with intake), heartburn

**Rare:** skin rash, (temporary) deterioration in the condition of the joints

In the case of persistent diarrhoea, nausea, constipation, rash, upset stomach, considerable deterioration in the condition of the joints or any other annoying side effect, you are advised to immediately stop using Synofit and to be examined whether there is a (molluscan shellfish) allergy. In the case of persistent gastrointestinal symptoms (nausea, heartburn) when using **Synofit Premium Liquid**, you may have a problem with Boswellia; you can then consider

switching to **Synofit Premium Capsules**, which do not contain Boswellia. Always contact Synofit if you think you are experiencing side effects.

**5. How to store Synofit Premium**

**Synofit Premium Liquid** will keep for 45 days after opening if it is stored under the right conditions. Store in a cool place, between 5 and 15 degrees, preferably in the fridge. Close the cap firmly after each use. Keep away from sunlight. Shake well before each use!

**Synofit Premium Capsules** will keep for 15 months after opening. Store at room temperature. Keep away from sunlight.

**Keep out of reach of children.**

**6. Production and guidelines**

Firms that produce and sell dietary supplements must comply with the Commodities Act governing the manufacture and sale of such products. This act contains a list of the vitamins and minerals allowed under the conditions of the act and the maximum dosage for vitamin supplements. The manufacturer is bound by the HACCP\* guidelines. This means that the manufacturer is required to compile an inventory of the risks associated with the ingredients used, including an examination of the legality of the use of these ingredients and an assurance that the recommended dosage does not exceed the maximum. The risks associated with overdose must also be examined, as must any possible toxic effects of the ingredients. Suppliers do also have to be fully informed with regard to the risks, and they are bound by the HACCP\* guidelines as well. Synofit is produced in the Netherlands and as such it is bound by the Dutch law. One of the stipulations is that the manufacturer abides by the HACCP\* principles. HACCP\* traces its origins back to the American space programme. The objective of these principles is to guarantee a production process that delivers a high quality end product.

\* HACCP, short for Hazard Analysis and Critical Control Points, which is an inventory of the risks associated with foodstuffs.

Synofit is produced in the Netherlands for:  
 Synofit Europe B.V.  
 Randstad 22 131  
 1316 BW Almere  
 The Netherlands

Synofit is distributed in the U.K. by:  
 Ultra Medica Ltd  
 15 Church Rise  
 Cheshire CW8 2WE  
 United Kingdom  
[www.synofit.co.uk](http://www.synofit.co.uk)

**7. Questions**

For more information and questions about Synofit, please contact us through:  
 E-mail: [info@synofit.co.uk](mailto:info@synofit.co.uk)  
 Web: [www.synofit.co.uk](http://www.synofit.co.uk)

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