



Frame Essentials . . . 4 Active Ingredients

The AIM of making a vegan dietary supplement for joint health was to offer an effective, plant-based solution of natural support. The two forms of glucosamine, boswellia extract and methylsulfonylmethane in Frame Essentials prove to be a complete combination of ingredients—evidence-backed essentials for your frame.



Recent Ingredient Research



Glucosamine hydrochloride can help inhibit the release of inflammatory molecules and prevent cartilage degradation.

Cartilage 2015
doi.org/10.1177/1947603515603762

Glucosamine sulfate can reduce the inhibition of protein metabolism in cartilage caused by the use of local anesthetics.

Journal of Experimental Orthopaedics 2017
doi.org/10.1186/s40634-017-0106-4



Over a period of 4 weeks, people with joint problems were able to reduce pain and stiffness and improve joint function by taking **boswellia extract**.

BMC Complementary Medicine and Therapies 2020
doi.org/10.1186%2Fs12906-020-02985-6

Healthy participants with mild knee-joint pain found relief and improved systemic health conditions by taking **methylsulfonylmethane (MSM)**.

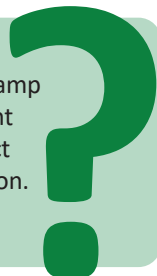
Nutrients 2023
doi.org/10.3390/nu15132995



As the primary ingredient in Frame Essentials, glucosamine is an essential component of the proteins present in joint cartilage and synovial fluid. Glucosamine is an amino sugar that triggers the activation of healthy cartilage cells for the regeneration of connective tissue.

Did you know . . . ?

Although it is generally assumed that joint problems flare up in cold or damp weather, the heat of summer can lead to dehydration that intensifies joint pain. Furthermore, changes in temperature and humidity levels can affect synovial fluid, altering its level and thickness while increasing inflammation. Drink plenty of water and take Frame Essentials regularly for combined hydration and nutritional support.





Frame Essentials

Formulated with a Plant-Based Source of Glucosamine

Frame Essentials is a vegan dietary supplement that supports joint health with 4 effective ingredients:

1. Glucosamine Sulfate
2. Glucosamine Hydrochloride
3. Boswellia Extract
4. Methylsulfonylmethane (MSM)



Joints take a beating over a lifetime and can end up causing discomfort and pain. The natural nutrition in Frame Essentials targets these movable parts to help them function as smoothly as nature intended.



Cartilage is the protectively durable and flexible tissue that connects your joints and prevents bone ends from rubbing against each other. To build and repair cartilage, your body produces an amino sugar called glucosamine. As we age, our bodies make less of this essential joint compound, making glucosamine supplementation a practical option for repairing cartilage damage.

Essential Questions Answered

Does Frame Essentials contain shellfish?

No. Both forms of glucosamine now used in Frame Essentials are derived from a bacteria fermentation of non-GMO corn.

Is there any corn remaining in the glucosamine?

No. Although the source material for the bacteria fermentation process is non-GMO corn, the derived glucosamine goes through an intensive purification process, resulting in no corn being present in the final product.

Can children and pregnant women take Frame Essentials?

There should be no reason for children to be using this product. Pregnant women should consult a health care practitioner.

Can I take Frame Essentials with other AIM products?

Yes. You may experience positive synergy between Frame Essentials and other AIM products.



Frame Essentials: At a Glance

- ✓ **Glucosamine Hydrochloride** and **Glucosamine Sulfate** help to maintain healthy cartilage and relieve joint pain.
- ✓ **Boswellia Extract** contains boswellic acids that reduce pain and inflammation.
- ✓ **Methylsulfonylmethane (MSM)** helps to reduce pain and stiffness in the joints.

As we age, many of us struggle with joint pain and stiffness that causes us to miss out on physical activities we would otherwise enjoy. The **four ingredients in Frame Essentials** are combined to deliver effective nutrients proven to support joint health.



Au Naturel

Both glucosamine and MSM are compounds that occur naturally in the body.

Glucosamine is an amino sugar needed for the biosynthesis of proteoglycan, a main component of cartilage. MSM is a natural sulfur compound required for connective tissue and healthy joints.

The Joint “Frankincense” Connection

The boswellia tree exudes an aromatic gum resin historically known as frankincense, possibly named after the French words for high-quality incense: *franc encens*. Frame Essentials with boswellia extract provides Indian frankincense, a potent ingredient that has been used to fight inflammatory conditions for centuries.





Frame Essentials

Glucosamine Sulfate and Hydrochloride

fight the wear and tear of aging. These two glucosamines are important in the formation of cartilage, tendons, ligaments and synovial fluid.

MSM

(Methylsulfonylmethane) can help fight inflammation and maintain healthy joints and tissue.

8 Reasons to take Frame Essentials

- 1 Keeps joints strong and healthy
- 2 May help with stiffness and mobility
- 3 Helps recovery after exercise
- 4 Fights inflammation
- 5 Maintains musculoskeletal health
- 6 May provide relief from age-related muscle aches and pains
- 7 Vegan formulation
- 8 Suitable for long-term use

6 Nutrients for Knee Pain

- 1 Glucosamine
- 2 MSM
- 3 Antioxidants
- 4 Vitamin D
- 5 Vitamin C
- 6 Vitamin B3

Boswellia Extract improves blood supply to the joints, reduces joint swelling, maintains mobility and reduces pain from stiffness.