

Clinical Insights



Relief First™

A Patented Dietary Supplement for Joint Health

*Helps Promote Proper Inflammatory Response**
*Helps Relieve Everyday Aches And & Minor Pain**

Frequently Asked Questions

Q. Why is this product so special?

A. Relief First is so special, the ingredients are covered by 4 U.S. Patents!*

1. Joint Health: U.S. Patent No. 6,902,739 B2
2. Lipid Health: U.S. Patent No. 6,126,943
3. Cholesterol Health: U.S. Patent No. 6,733,799 B2
4. Blood Sugar Health: U.S. Patent No. 6,350,473 B1

This product is a nutritional breakthrough for people who want help in easing joint discomfort, mobility, flexibility while helping to promote proper inflammatory response. It may also be beneficial in helping relieve everyday aches and minor pain.*

Q. How should I take this product?

A: A loading dose of 4 capsules twice a day may be recommended for 5-7 days. Then, take 2 in the morning and 2 in the afternoon or evening.

Q: Should I take Relief First with food?

A. You can take the supplements with or without food, but many experts suggest that you take the 2 daily dosages with a meal for maximum absorption. Particularly, if you have a sensitive stomach, it is recommended that you take Relief First with food.

Q. Can I take this with any other medication?

A: Yes. This product is designed not to interfere with other prescriptions as it contains only natural ingredients. People allergic to Sulpha can safely take Relief First.

Q. Can I take Relief First if I have an allergy to shellfish?

A: **NO.** Relief First contains N-Acetyl-Glucosamine, an all-natural derivative of shellfish. It is best not to take Relief First if you have an allergy to shellfish.



Q. Are there side-effects from taking Relief First?

A: Relief First is an all-natural product, and it should produce no undesirable side effects. If you are pregnant or nursing, do not use without consulting this office and/or your healthcare provider first. If you have an allergy to shellfish, do not take this product until you consult this healthcare office or another healthcare professional before using this product.

Q. How long before I notice a difference?

A: Everyone is different and how quickly you see results will depend upon the state of your body when you start taking Relief First. Some people have been reporting immediate or significant relief within 2 or 3 days. Many others report that it took up to 2 weeks to start experiencing the benefits of Relief First.

Q: Why is the N-Acetyl-Glucosamine (NAG) in Relief First unique?

NAG, by virtue of its position as the biochemical intermediary through which D-Glucosamine Sulfate must act, NAG has somewhat greater bioavailability than D- Glucosamine Sulfate itself. What that means to you, is that NAG can express the same potency similar to D-Glucosamine Sulfate but in a more “body-ready” form.

Q. Do I have to take Relief First for the rest of my life?

A: You do not have to take Relief First for the rest of your life, but you should continue taking it if you want to continue enjoying the immediate and long-term benefits of this patented, all natural product!

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