# Joints

The weight-bearing joints of the knee and hip, but also the shoulder and wrist joints, are mostly affected by the fraying of cartilage. This happens when the body is not adequately supplied with glucosamine, chondroitin and hyaluronic acid, essential constituents contributing to the formation of cartilage tissue. The new generation of preparations supplements these substances of targeted cartilage formation with further anti-inflammatory and pain-relieving vital substances 24 hours a day. Thanks to their anti-oxidative effect, they protect these zones from free radicals at daytime, and use enzymes to foster the production of cartilage tissue and synovial fluid during the night.