

SierraSil Joint Formula 14 – Joint Pain Relief...Guaranteed!!!

"I had heard all the commercials and had several patients ask my opinion on Sierrasil so I decided to try it myself. 10's of 1,000's of adjustments per year for 17 years in practice has taken its toll on my hand and finger joints. Morning stiffness and soreness is not uncommon. After 10 days of taking SierraSil there was noticeable improvement! It worked for me & I'm confident it'll work for you!" **Dr. Ken**



**The SierraSil promise - guaranteed results
in 14 days...or your money back!**

SierraSil® is a clinically proven natural supplement that provides symptomatic relief of osteoarthritis. The therapeutic benefits, safety and speed of efficacy of **SierraSil®** are confirmed by numerous clinical and other rigorous scientific testing, as well as by a large body of anecdotal evidence.

What is SierraSil Joint Formula 14?

SierraSil Joint Formula14™ contains **SierraSil®**, a patented 100% naturally occurring clay mineral composite containing a wide array of macro and trace minerals including silicon, calcium, potassium, magnesium, iron, manganese, copper and zinc with unique health benefits. **SierraSil®** helps to reduce inflammation and prevent cartilage breakdown, consistently providing noticeable health benefits in users within 14 days. The health benefits of **SierraSil®** arise from its inherent anti-inflammatory and detoxifying properties. The synergistic effect of the unique properties of **SierraSil®** results in clinically significant relief of symptoms of osteoarthritis, including joint and muscle aches, stiffness and cartilage breakdown associated with exercise and movement. Furthermore, a large body of anecdotal evidence exists which suggests **SierraSil®**'s effectiveness in numerous other health conditions, particularly those of an inflammatory nature. Some reported health benefits include relief of IBD/Crohn's disease, rheumatoid arthritis, osteoporosis, injury recovery, sports performance, as well as pet health. **SierraSil®** has been rigorously tested for mineral bioaccessibility and is subjected to routine quality testing to ensure compliance with US and Canadian regulatory standards. In summary, the combination of clinical, toxicity and safety studies performed on **SierraSil®** provide sound evidence that **SierraSil®** is a safe and effective supplement that can be used by active adults, seniors, athletes and anyone wanting to naturally enhance their overall health.

Dosage Guidelines

Body Weight	Capsules Per Day
Up to 175 lbs (80 kg)	3
175 – 230 lbs (80-104 kg)	4
Over 230 lbs (104 kg)	5



Special Conditions: A loading dose can be taken for first-time users and those who have been suffering for many years. A loading dose is double the recommended daily dose and can be taken for the first month. Athletes and active adults participating in high-intensity exercise can take **SierraSil Joint Formula14™** 1 to 3 hours before activity to aid endurance and recovery and reduce post-exercise stiffness. For those in weakened conditions, living with multiple pre-existing medical conditions, or sensitive stomachs, start with one capsule, once per day, and gradually work up to the recommended dose. **SierraSil Topical Pain Relief Spray: SierraSil Topical Pain Relief Spray** works quickly to relieve minor aches and pains. Apply topically to the affected area. Avoid use with sunscreen.

Directions for Use: For best results, take SierraSil Joint Formula14™ only with water, together (at one time) and away from food. Food or other beverages such as coffee, tea, juice or milk should be taken at least 30 minutes after, or 2 hours prior to SierraSil Joint Formula14™. ****Take medications and supplements at least 4 hours before or after SierraSil Joint Formula14™.**** SierraSil Joint Formula14™ has detoxifying properties due to its rich clay mineral composition therefore it is strongly recommended to drink a minimum of 8 glasses of water per day. Increased water intake assists the body in flushing out toxins and heavy metals that are eliminated out of the body when using SierraSil Joint Formula14™. The dosage size is based on a body weight of 80 kg (175 lbs).

Warnings: Pregnant or nursing women (due to a lack of clinical testing in these populations) and persons with known medical conditions should consult with their doctor prior to using **SierraSil Joint Formula14™**. **SierraSil Joint Formula14™** should be kept out of reach of children.

Cautions: The detoxification process can cause some transient discomfort at first, called a healing reaction, while the body adjusts to **SierraSil Joint Formula14™**. A healing reaction is a temporary process that the body endures as it moves towards optimal balance and function (homeostasis). Symptoms of healing reactions vary, and may include headache, changes in bowel movements, or a slight stiffening of the joints. These reactions are temporary and normally subside within 1-7 days of starting **SierraSil Joint Formula14™**. If the symptoms are too uncomfortable, one may also lower the dose to 1 capsule daily and gradually increase to the recommended dose. To facilitate the detoxification process, it is critical to consume plenty of water (at least 8 glasses daily) while taking **SierraSil Joint Formula14™** to assist the body with eliminating toxins.

Contraindications: **SierraSil Joint Formula14™** should not be taken at the same time of the day as other supplements or medications. The powerfully absorptive mineral complex of **SierraSil Joint Formula14™** may inactivate other medications and supplements due to its highly absorptive and adsorptive properties.

Frequently Asked Questions

Who should take SierraSil Joint Formula14™?

SierraSil Joint Formula14™ is recommended for people from all stages of life - adults suffering from sore joints, muscle or tissue pain, whether related to activity or health conditions; seniors seeking to maintain or regain independence through increased flexibility and mobility; active people and athletes wanting to increase workout intensity and reduce post-exercise stiffness; and people wanting to improve their digestive health.

How does SierraSil Joint Formula14™ work?

SierraSil Joint Formula14™ has been shown to reduce inflammation and suppress specific enzymes thereby preventing the breakdown of human cartilage. The **SierraSil®** mineral composite has a naturally low pH, causing essential minerals such as calcium, magnesium, zinc, silicon and manganese to be rapidly absorbed and transported to the site of inflammation. However, the bioaccessibility of the minerals in **SierraSil®** is low and only minute quantities are available for absorption by the body; thus the therapeutic benefits do not come from the minerals alone, but instead from the synergistic effect of the minerals with the clay component of **SierraSil®**. Medicinal clays such as montmorillonite clay found in **SierraSil®**, help to draw positively-charged inflammatory toxins out of the body due to its inherent negative charge. **SierraSil Joint Formula14™** modulates inflammation naturally by supplying essential minerals that are critical for the body's healing process as well as via the detoxifying effects of its clay component.

Why do you recommend increasing water intake?

Drinking at least 8 glasses of water per day promotes the effective removal of toxins from the body and enhances the detoxifying properties of **SierraSil Joint Formula14™**.

I have arthritic pain – will SierraSil Joint Formula14™ help with my symptoms?

Clinical and anecdotal evidence confirms that **SierraSil Joint Formula14™** is likely to provide noticeable benefits on symptoms of arthritis within two weeks. **SierraSil Joint Formula14™** reduces inflammation, down-regulates specific enzymes involved in the inflammatory process and reduces cartilage breakdown which are key factors leading to the development of arthritic symptoms. Human studies confirm these findings, showing that **SierraSil Joint Formula14™** significantly improves joint health and function within a 2 week period. In addition, many patients were able to *significantly reduce their use of pain medications* during the clinical study. **SierraSil®** was awarded a United States patent as a nutritional supplement for osteoarthritis.

Why does SierraSil Joint Formula14™ work faster than other natural joint health products?

SierraSil Joint Formula14™ appears to work quickly because the minerals are rapidly absorbed due to its acidic pH. Supplements such as glucosamine provide the body with ingredients that a healthy human body creates on its own. In contrast, minerals cannot be created within the body and are essential for optimum health because they fuel numerous biological functions and assist in maintaining healthy inflammatory response. Combined with the potent detoxifying effects of the clay component as it moves through the gastrointestinal tract, this produces a fast-acting anti-inflammatory effect that is generally experienced within 1-2 weeks of starting **SierraSil®**. This is in contrast to other joint health supplements which can take as long as 4-6 weeks to feel any therapeutic benefit.

Can I take SierraSil Joint Formula14™ if I have a sensitive stomach?

In cases of sensitive stomach, start with 1 capsule per day, gradually increasing the number of capsules to the recommended dose over 14 days. People with GI conditions such as acid reflux, gas, bloating, constipation, leaky gut syndrome, IBD, colitis, diverticulitis, IBS and Crohn's disease have been reporting benefits from taking **SierraSil Joint Formula14™**. The mineral structure of **SierraSil Joint Formula14™** has detoxifying properties that help to cleanse and promote a healthy digestive system.

Can I take SierraSil Joint Formula14™ while on medication or other natural supplements?

It is strongly recommended to advise your health care practitioner prior to using any new medications or supplements, including **SierraSil Joint Formula14™**. **SierraSil Joint Formula14™** is a natural mineral powder that has been extensively tested for safety and is not known to have any adverse effects. It is very important to refer to the dosage guidelines, and take medications at least 4 hours before or after **SierraSil Joint Formula14™**.

Is SierraSil Joint Formula14™ vegetarian?

SierraSil Joint Formula14™ is 100% vegetarian and vegan compatible, and all capsules are VegiCaps™. It contains no sugar, starch, salt, wheat, gluten, corn, flavouring or preservatives. **SierraSil Joint Formula14™** is also BC Kosher certified.

Why is there an iron warning on the label for SierraSil Joint Formula14™?

There is 120 mg of total iron content per serving of **SierraSil Joint Formula14™**; however our studies indicate that only 1.2 mg of iron or approximately 7% of the recommended daily intake is bioaccessible. There is a required warning on the labels of all ingested products to protect against young children (under the age of 6) accidentally consuming an entire bottle of iron-containing supplements and possibly experiencing harmful side effects. **SierraSil Joint Formula14™** has been tested at 35 times the recommended dosage in accordance with standardized procedures and shown to have no indications of toxicity.

I noticed there is Aluminum in SierraSil Joint Formula14™ – any concerns related to Alzheimer's?

Only 5.6% of the total aluminum content of **SierraSil Joint Formula14™** is bioaccessible (6 mg per daily dosage of **SierraSil Joint Formula14™**) – this is a fraction of the aluminum content of commonly consumed products such as antacids, baked goods and cheeses. **SierraSil Joint Formula14™** contains about 9.4 % aluminum of which over 94% is present primarily as nonreactive silicate minerals. The majority of the aluminum actually forms the basic backbone of the mineral complex and is unable to be absorbed into the body. This portion of **SierraSil Joint Formula14™** passes through the body intact, eliminating heavy metals and toxins due to its detoxifying and chelating effects. It is important to note that no causative link has been established between aluminum intake and the development of Alzheimer's disease.

Clinical Research Summary

SierraSil® has been subjected to rigorous clinical and scientific testing. Below is a summary of the tests and studies that have been performed to confirm the safety and effectiveness of SierraSil® in the relief of osteoarthritis symptoms.

Study Key Features:

1) Human Clinical Trial	100 patients suffering from mild to moderate osteoarthritis (OA) of the knee	-Significant clinical improvements in joint pain, function and mobility. -Rapid results, significant improvements within 1 week of treatment.
2) Pilot Study	10 patients with mild to moderate osteoarthritis of the knee	-100% of patients reported significant improvements in OA symptoms within 1 week of treatment.
3) Mechanism of Action Study	In vitro study on human knee cartilage cells	-SierraSil® reduced cartilage breakdown in cartilage cells due to decreased response to inflammatory molecules (cytokine IL-1β). -Cytokine IL-1β is a primary initiator of cartilage breakdown.
4) Sub-Acute Oral Toxicity Study	Pharmaceutical industry standard animal study	-90-day study on 60 Sprague Dawley rats at 3 dosages; the highest dosage was 35 times equivalent Recommended Intake Level. -No accumulation of heavy metals or toxic effects in animal organs. -No-observed-adverse-effect-level (NOAEL) of SierraSil® more than 1,000 mg/kg body weight.
5) Ames Test	Tests mutagenicity in bacterial cells	-Confirmed SierraSil® is non-mutagenic and non-toxic.
6) Safety Summary Report		-SierraSil® not expected to produce adverse effects on human health based on available scientific data on SierraSil® and its mineral constituents.
7) Bioaccessibility Testing	Bioaccessibility of minerals in SierraSil® is low	-Only minute quantities of minerals in SierraSil® are available for absorption by the body. -Therapeutic effects are not based on mineral content alone; clay component plays a role in health benefits.
8) Medical Analysis	In-depth blood chemistry and hematology testing performed on 10 patients taking SierraSil®	-All test results were normal, indicating SierraSil® is very safe for daily consumption. -SierraSil® found to have beneficial effect on C Reactive Protein (CRP), a key compound in the inflammatory process.

"I've been taking SierraSil for the last four years and I can definitely say it's helped with my recovery and my joint maintenance. Before I was taking it I was having a lot of aches in my joints, knees, shoulders and with football you want to play as long as you can. With SierraSil, it has helped to keep me in the game longer and pain-free."
Jamal Lee, BC Lions, Vancouver, BC



"SierraSil has exceeded my expectations. SierraSil has made practicing and playing golf easier on my body and given me faster recovery to full energy and comfort levels following golf. And yes, it may even have helped improve my range of motion, adding a few yards to my drives within two weeks of starting on SierraSil. I continue to use it! If golf is starting to get uncomfortable for you, try SierraSil and see what it can do."
Dick Zokol, PGA Tour Professional, Richmond, BC

For a complete list of our high quality nutritional products please visit our website below.

CourtenayFamilyChiropractic.com

Exceeding Above & Beyond Your Health Expectations

Dr. Marnie Grant

447 11th Street, Courtenay

Dr. Ken Heinrich

Tel: 250-897-3424 Email: beyourbest@CourtenayFamilyChiropractic.com