



For joint health – not just pain
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The Arthritis Cure
 by Dr. Theodosakis

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FREQUENTLY ASKED QUESTIONS

Who is Dr. Theo?

Jason Theodosakis, MD, MS, MPH, FACPM is a medical doctor, Medical School Professor, specialist in both Preventive Medicine and Sports Medicine, exercise physiologist, and the #1 New York Times Best-selling author of the most important, influential and popular joint health book ever written. The book *The Arthritis Cure* is now in at least 12 languages and over 80 countries. *The Arthritis Cure - Revised Edition*, with new discoveries and information, was published in January 2004.

Dr. Theo is considered to be "America's Joint Health Expert" and was named one of the 14 greatest doctors in the world by Rodale Press. Dr. Theo's client list includes the young and old; Royalty, celebrities, professional and collegiate athletes from around the world. Dr. Theo is on the Steering Oversight Committee of the \$16 million NIH study on glucosamine and chondroitin, and works at the famous Canyon Ranch Medical Center in Tucson, Arizona.

What's so special about Dr. Theo's Official Products?

Many people have concerns about the quality of some dietary supplements, and with good reason. Three reviews of joint supplement products revealed about 80% did not have in them what it said on their labels, including some large name brands and products that proclaimed to be "quality tested". The FDA regulates dietary supplements as food products, not drugs. So how can you be sure you're getting a quality product?

Dr. Theo has found a way to make quality and label concerns all but disappear. Starting with the highest quality ingredients, then having the production performed at FDA-approved over-the-counter drug manufacturing facilities, Dr. Theo's Official goes two steps further.

Each batch of product is sent for third party, laboratory quality analysis. Finally, **customers can actually have access to these results!** These four steps, taken together, is something that has rarely, if ever been seen in this industry. In fact, pharmaceutical products do not even follow this strict protocol.

You should expect the very highest standard from the leading authority in joint health.

What products are available under the Dr. Theo's Official Brand

AVOSOY® contains ASU alone (with Vitamins C, E and low-dose Manganese) One tablet daily provides 300 mg of ASU. It is fully vegetarian.

AVOSOY® Plus contains ASU + Vegetarian Glucosamine (with Vitamins C, E and low-dose Manganese). Two tablets daily provides 300 mg of ASU and 1,500 mg of glucosamine. It is fully vegetarian. The glucosamine component is Kosher.

AVOSOY® Complete contains ASU + Vegetarian Glucosamine + Chondroitin (with Vitamins C, E and low-dose Manganese). Three tablets daily provides 300 mg of ASU, 1,500 mg of glucosamine and 800 mg of chondroitin (the dose used in the latest clinical studies). AVOSOY® Complete is "cow-free," but not vegetarian, since chondroitin is currently from animal sources.

How do I know what product suits me best?

AVOSOY® can be used alone for joint health or can be taken with other brands of glucosamine/chondroitin containing products. It's also a good choice for people who are taking anti-inflammatory medications or follow a low-sodium vegetarian lifestyle.

AVOSOY® Plus can be used alone for joint health. AVOSOY® Plus is a good choice for people who want a combination supplement (without chondroitin) who may be using anti-inflammatory medications, or wish to follow a low-sodium or vegetarian lifestyle. It should NOT be used with other glucosamine products because you'll get more than the recommended dose of 1,500 mg per day.

AVOSOY® Complete is the "all-in-one" product for those who desire maximum benefit. All three major supplements are contained in each tablet. Most people who are experiencing joint difficulties or want to prevent them should consider this combination product. This has the most powerful combination of ingredients.

MSM is a source of dietary sulfur that may be helpful if you desire additional assistance, or are taking sulfur-depleting medicine such as acetaminophen (e.g. Tylenol®) or aspirin. MSM should be added only if you do feel you need additional assistance. Product will appear in mid-2005.

Suggested Use Overview Chart

	Joint Health	Prevention	Vegetarian	Use with other brands of glucosamine & chondroitin
AVOSOY®	X		X	X
AVOSOY® Plus	X	X	X	

AVOSOY® Complete	X	X		
MSM	X		X	X

How do I know if a product is working?

Pain relief and being able to do more are two ways to know. This can occur in as short as two weeks but may take several months. But even if this doesn't occur right away, don't stop the supplements.

Another way to know a product may be working is if you're able to reduce your dose, or eliminate the need for anti-inflammatory medication (such as Celebrex®, Advil®, Aleve®, Motrin®, generics such as ibuprofen, naproxen sodium, aspirin, or dozens of others).

Studies show that using glucosamine, chondroitin and perhaps ASU, long term can result in an improvement in the health of the joints even in those who have no noticeable change in pain. Dr. Theo likens the use of his supplements for joint health to the way calcium is used for bone loss or osteoporosis. There may be a benefit in taking these supplements even if you don't notice any change.

Do AVOSOY® Products interact with any medication or other supplements?

There are no known interactions with any medications. Dr. Theo (drtheo.com) will be tracking cases, should they occur. Always ask your doctor before adding any supplement or drug to your daily regimen.

I'm already taking Glucosamine Chondroitin. Should I use AVOSOY® Plus instead?

Do not take more than 1,500 mg of glucosamine per day - so do not use BOTH AVOSOY® Plus and another glucosamine/chondroitin product at the same time. You should, with the help of your doctor, decide which product might be best for you. Many people use AVOSOY® Plus in place of their glucosamine/chondroitin product, or just get all three supplements in AVOSOY® Complete.

AVOSOY®, which does not contain glucosamine, is the perfect companion to those taking quality glucosamine/chondroitin supplement brands such as Oste Bi-Flex® or Triple Flex®.

Does the glucosamine in The AVOSOY® Plus or AVOSOY® Complete affect blood sugar or Diabetes?

A study of a glucosamine/chondroitin product had no effect on the blood sugar of diabetic subjects compared to placebo over 90 days of treatment. No elevation in blood sugar was noted in a three-year study of glucosamine versus placebo. It is unlikely that AVOSOY® Plus will affect blood sugar or cholesterol.

levels. Finally, a completely separate study on individuals without diabetes showed that glucosamine had no effect on either blood sugar or a longer-term measure of blood sugar control called hemoglobin A1C.

Dr. Theo will be tracking cases, should they occur. He will also follow the literature closely and will monitor the FDA's adverse event reporting service (AERS).

What does the "Plus" mean in Avosoy® Plus?

The "Plus" stands for the added shellfish-free glucosamine. Regular AVOSOY® does not contain glucosamine.

What does the "Complete" mean in the AVOSOY® Complete?

The "COMPLETE" stands for the added shellfish-free glucosamine AND "cow-free" chondroitin (in addition to the ASU). This is the most powerful of the three AVOSOY® products.

Who should not use ASU, Glucosamine or Chondroitin?

These supplement ingredients have not been studied in children, pregnant or nursing women. Always consult with your physician before starting any new drug or supplement.

Why not just eat more avocados and soy products rather than take ASU?

It takes a large amount of avocados and soybeans to make a tiny amount of ASU. ASU is purified and extracted from avocado and soybean oil. Only about 1% of the oil is the ASU fraction. Furthermore, this ASU fraction has to be separated from certain fibers to be absorbed. Therefore, it is unlikely you'd see significant benefits from eating (even large amounts) of avocados and soy products, and you'd gain weight trying!

Besides the challenges in isolating ASU, avocados have to be picked and processed at just the right time. Too young or too old and the concentration of the desired material is too low.

Are these supplements all I need for joint health?

Remember- keeping healthy joints requires multiple steps, not just taking supplements. The full prevention and treatment plans are detailed in *The Arthritis Cure - Revised Edition*.

Are the soy components a health risk for people with thyroid disease or breast cancer?

No. Don't confuse ASU with other soy derivatives, such as isoflavones. In people who have thyroid disease or have had breast cancer, it might not be a good idea to consume very large quantities of soy foods. There are compounds in the soy foods called isoflavones that act like plant estrogens. ASU is not a significant source of isoflavones, however. The active component of ASU, the unsaponifiable portion of the oils, is quite different from the other substances that are found in soy foods.

What are the side effects of ASU, Glucosamine and Chondroitin

There are no specific side effects from using these products. About 5% of people who take any product by mouth, even a placebo, experience some stomach discomfort, gas or bloating. Often, this is due to the fiber in the product, and not from the main ingredients. People are individuals, and may respond to supplements differently, however.

If you experience a problem, please report it to [Dr. Theo at drtheo.com](mailto:Dr.Theo@drtheo.com).

DISCLAIMER

Ask your physician if using these products, or any new dietary supplement is right for you.

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For more information: visit www.drtheo.com or the product website www.avosoy.com or write to AVOSOY@aol.com.

Download Dr. Theo's Official Product FAQ. (Provided in PDF format. Adobe Acrobat Reader must be installed to view this file)

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