



Natural protection for joints - strong muscles

Arthrosis is certainly one of the most common joint diseases in Germany, if not worldwide. In 2015, around 17.9% of adults in Germany stated that they had been diagnosed with osteoarthritis in the last twelve months. The proportion of those affected increases even further with age, with around 50% of women and around 1/3 of men over the age of 65 affected by osteoarthritis. Symptoms such as pain, joint stiffness or even joint swelling can have a severe impact on the daily lives of those affected. There are many causes that can promote the development of osteoarthritis. One important factor is certainly a lack of musculature. This is because strong muscles protect the joints by acting as a shock absorber and stabiliser. In addition, a strong musculature prevents overloading and wear and tear of the joints, as only the musculature ensures optimum supply to the joint cartilage through its pumping power.

However, with increasing age, the existing muscle mass decreases. From the age of 40 at the latest, many people notice a change in their body. The proportion of fat increases and muscle mass decreases at the same time. In addition, many people suffer from a lack of exercise, and here there is a particular lack of strength training for the muscles.

In addition to its protective function for the joints, strength training also produces myokines in the muscles. Studies have shown that these myokines enable the muscle cells to communicate with each other. Myokines also have an influence on other organs such as the brain, fatty tissue, bones, liver, intestines and skin. They can have an anti-inflammatory and metabolism-modulating effect.

Building up strong muscles can therefore help osteoarthritis patients to relieve the pressure on the affected joints. This can be a good motivation to mobilise the body with targeted strength training despite a stressful working day. When it comes to muscle building, you should also think about the trace element selenium. In addition to many other metabolic functions, selenium is essential for muscle building and muscle regeneration.

If arthritic changes have already occurred in the joint, these should also be supported therapeutically. NIGERSAN® is the medicine of choice in SANUM therapy for complaints in the musculoskeletal system, especially in the joints, tendons and ligaments. Affected joints can be quaddled with NIGERSAN®, for example. Experience has shown that FORMASAN® is also used for muscle and joint complaints, while CITROKEHL® is used to support bone metabolism. In general, the use of SANKOMBI® can be useful to support the flow of blood and lymph in the body, particularly in the muscles. If the supply of selenium is too low, it should be substituted, e.g. with SELEN-Biofrid capsules (30 µg selenomethionine per capsule).



Trading forms

NIGERSAN® D5 Injection

10x 1ml (also available in other dosage forms)

Dosage:

Adults and adolescents aged 12 and over: inject twice a week i.c., s.c. or i.m.

As of today: NIGERSAN® D5 injections are now available again for long-term delivery.

FORMASAN® Drops

30 ml (also available in other dosage forms)

Dosage:

Adults and adolescents aged 12 and over:

acute: up to 12x 5-10 drops daily

chronic: 1-3x 5 drops daily

CITROKEHL® Drops

30 ml (also available in other dosage forms)

Dosage:

Adults and adolescents aged 12 and over: 1-3x 5-10 drops daily

SANKOMBI® D5 Drops

10 ml **Dosage:**

Adults and adolescents aged 12 and over:

to take: 1-2x 5 drops daily

to rub in: 1x 5-10 drops daily in the crook of the elbow

SELEN-Biofrid Capsules

20 Capsules

100 Capsules

Recommended intake:

1x 1 capsule daily with a meal

For further product information, please refer to the respective instructions for use.