

Arthocare® is an advanced nutraceutical formulation containing Avocado and Soybean unsaponifiables, a unique plant-derived complex that works at the cellular and molecular level to address the underlying mechanisms of joint degeneration. Joint health is a cornerstone of mobility, independence, and quality of life. Yet, millions of patients worldwide suffer from osteoarthritis, a progressive degenerative disease that leads to pain, stiffness, and functional decline. Current pharmacological treatments, such as NSAIDs, often provide only short-term symptomatic relief and are associated with long-term safety concerns. Extensive clinical studies have demonstrated that Arthocare not only reduces inflammation and pain but also helps protect cartilage, support extracellular matrix regeneration, and slow disease progression. With Arthocare, treatment is not limited to masking pain, it is about preserving mobility, protecting joint structure, and improving long-term outcomes.



Arthocare®

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Arthocare®
Avocado & Soybean **30 capsules**
Unsaponifiables extract Capsule
For Supporting Joints Health



Why choose Arthocare?

- Plant-derived formula – enriched with avocado and soy unsaponifiables
- Clinically proven to slow cartilage degeneration and protect joint structure
- Backed by science with multiple randomized controlled trials
- Safe for long-term use – minimal side effects compared to NSAIDs
- Improves mobility & flexibility – restores daily activity comfort
- Reduces pain & inflammation through cytokine and MMP modulation
- Protects chondrocytes and stimulates cartilage repair at a cellular level
- Trusted by physicians worldwide as an effective adjunct in osteoarthritis therapy

Natural Product

Serving size: 1 Capsule twice a day

Amount per serving: 30 Capsules

Avocado	100 mg
Soybean	200 mg

Mechanisms of Action

Inhibition of Pro-Inflammatory Cytokines:

Downregulates IL-1 β , TNF- α , IL-6, which are key mediators in cartilage catabolism. This reduces the activation of NF- κ B signaling, leading to suppression of inflammatory gene transcription.

Suppression of Matrix Degradation Enzymes:

Decreases expression and activity of Matrix Metalloproteinases (MMP-1, MMP-3, MMP-13) and ADAMTS (a disintegrin and metalloproteinase with thrombospondin motifs), enzymes responsible for collagen and aggrecan degradation.

Promotion of Anabolic Pathways:

Stimulates synthesis of type II collagen and aggrecan in chondrocytes. Enhances Transforming Growth Factor-beta (TGF- β) activity, which promotes extracellular matrix regeneration. Increases expression of SOX9, a transcription factor essential for chondrocyte differentiation and cartilage formation.

Chondroprotection & Anti-apoptotic Effects:

Reduces oxidative stress and nitric oxide (NO)-induced apoptosis in chondrocytes. Modulates mitochondrial pathways to maintain cell viability.

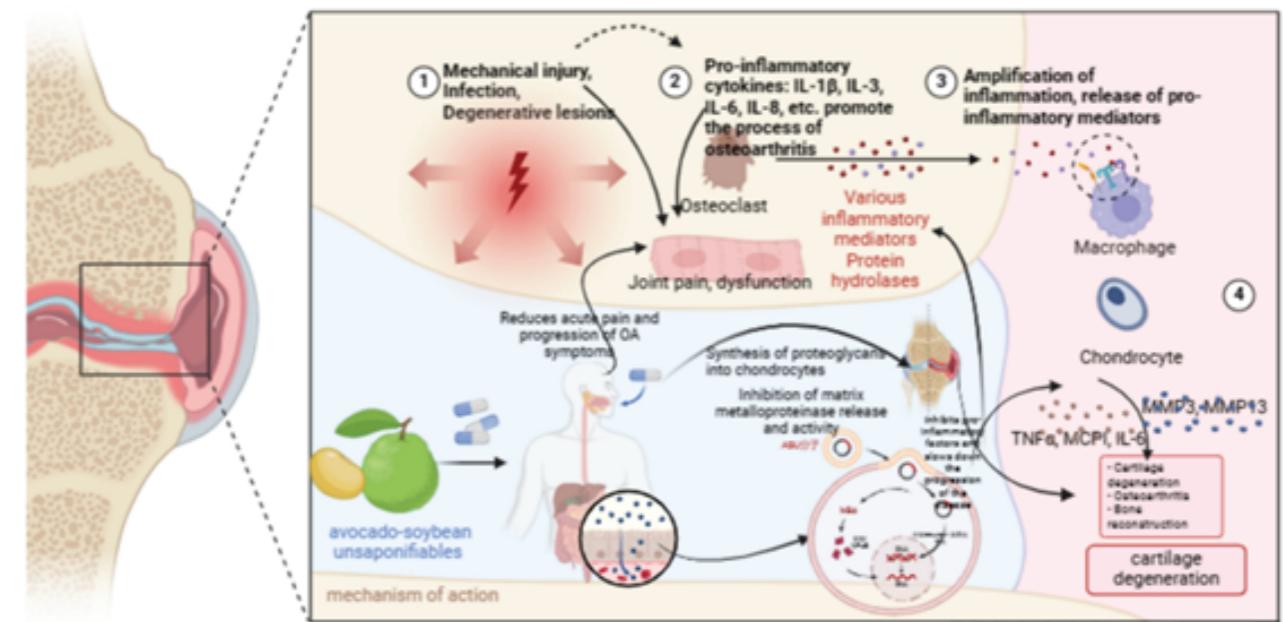
Effects on Subchondral Bone & Synovium:

Enhances osteoblast differentiation and reduces osteoclast activity, supporting subchondral bone integrity. In addition, lowers synovial inflammation, leading to decreased joint effusion and improved lubrication.

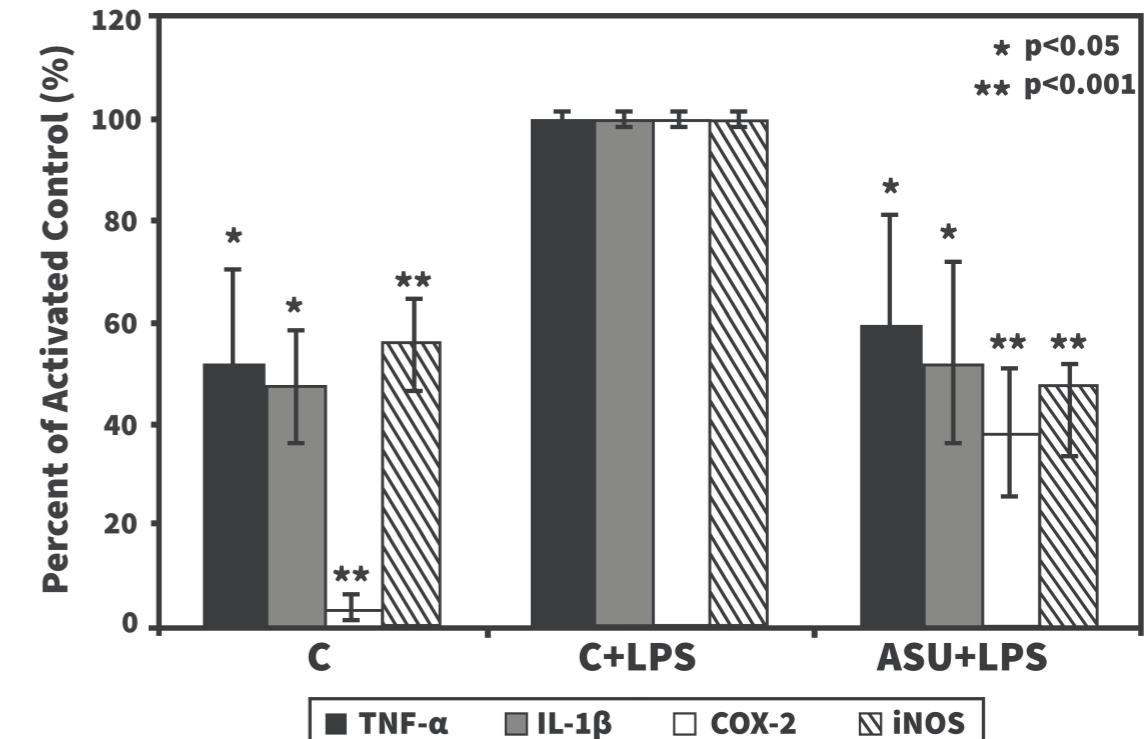
Long-term Disease Modification:

Unlike symptomatic relief agents, Arthocare has been shown to slow joint space narrowing over years of therapy. Also, provides a structure-modifying effect in osteoarthritis (DMOAD-like action).

The mechanism of action of avocado soybean unsaponifiables



The effect of ASU on proinflammatory gene expression in bovine chondrocytes using real-time PCR



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