

# Polar GLM - Green Lipped Mussel

Green-lipped mussel or GLM (*Perna canaliculus*) is a New Zealand shellfish, from which an extract that researchers say can lower inflammation in the body and even be useful in providing missing food factors present in those with rheumatoid arthritis (RA) and osteoarthritis (OA). Evidence indicates certain nutritional compounds found in GLM may help improve conditions such as arthritis, asthma, psoriasis, and inflammatory bowel disease (including ulcerative colitis and Crohn's disease), all involve excessive inflammation and pain. Research show a 50-76% of pain and inflammation with the nutritive found in GLE (*Journal of Gastroenterology*, 2005 April;40(4) *Ann Intern Med* 1994;121; *Practitioner* 1980;224; *Gaz Med Fr* 1986;38; *Eur J Rheumatol Inflamm* 1983;6; *Comp Ther Med* 1998;6; *Lancet* 1981;1:439). However, it is important to note that some studies that used non-polar and oxidized GLM demonstrated little or no benefits so the current research on GLM is not conclusive.



In a double-blind study of people with asthma, supplementation with a proprietary extract of New Zealand green-lipped mussel twice a day for 8 weeks significantly decreased daytime wheezing and improved airflow through the bronchi (*Eur Respir J* 2002;20). Another study (*Arzneimittelforschung* 1980;30) demonstrated gastro-protective effects with evidence it can prevent ulcers.

People with shellfish allergies, however, should avoid GLM. Unlike oysters, green-lipped mussel does not appear to contain heavy metals (*Arch Environ Contam Toxicol* 2002;42)

GLM is rich in complex proteins, B vitamins, mucopolysaccharides, polypeptides, naturally chelated minerals, long chain unsaturated fatty acids, enzymes, glycosaminoglycans (GAGs), vitamins, nucleic acids, chondroitin sulfates, glycoproteins and polysaccharides. It is loaded with organic vitamin D, E, and A and essential fatty acids in polar, non-toxic formats

Complex carbohydrates called mucopolysaccharides, are long chain amino sugars with active sulfate and amino molecules along the multiple polysaccharide chains, usually combined with a core protein that have been called the "glue of life." Because of their structure and ionic charge, MPS play a vital role in the integrity of the body at the cellular level, particularly in organs, loose connective tissue and joints. Among other functions, they help modulate the bio-exchange of the inter-cellular matrix, the gel-like spaces that hold the water of the body, where oxygen and nutrients are transferred to the individual cells, and metabolites removed.

Our Green Lipped Mussel is **100% pure** and contains no additives, fillers or preservatives. It has HACCP-GMP certification and was processed and packaged using the highest standards of hygiene in the industry from the pristine, remote waters of the beautiful Marlborough Sound in New Zealand. We use a proprietary flash process that eliminates the many steps of handling and exposure to heat and air of traditional freeze-drying or supercritical extractions which oxidize the lipids making them non-polar and unhealthy to consume. Our GLM lipids are "polar" and thus can nourish and benefit the cell's membrane or lipid bilayer.

**Dose:** 2 caps daily in between lunch and dinner or as instructed by your doctor. Product comes packaged in oxygen-free, irradiation protective mylar bags with 60 Vcaps in each package.  
\$39/package

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\*\* These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease

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