

There are three types of glucosamine: glucosamine hydrochloride (HCl), N-acetyl glucosamine, and glucosamine sulfate. Both glucosamine HCl and glucosamine sulfate are rapidly converted into “free” glucosamine in the stomach. So, from a medicinal standpoint, they are equally effective. However, glucosamine HCl is 79 percent glucosamine, while glucosamine sulfate is only between 47 and 52 percent glucosamine. MonaVie Active Gel and the MonaVie Active Juice contain glucosamine HCl because it contains the highest level of free glucosamine.

There is approximately 1.2 grams of glucosamine hydrochloride in a 4 ounce serving of MonaVie Active. If I forgot anything else I apologize. Please let me know if there is anything else I can help you with. Have a wonderful day!

Please contact Distributor Support with further questions.

Regards,

Chantel

Product Support
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