



We sincerely thank you for your many years of loyal support and patronage. To all who use Magnus products, especially those who have been with us since our founding, we wish you continued good health and happiness. May you enjoy a long, healthy life, and we look forward to supporting your wellness for many years to come.

This month, Magnus proudly celebrates its 48th Anniversary. We sincerely thank you for your continued support, which has made this milestone possible. To celebrate, every customer who purchases a Magnus product this month will receive a complimentary 20-tablet trial pack of Ginkgo CoQ10 Max (SRP \$18.60), one of our Top 3 best-selling products. This month's health feature highlights glucosamine, an essential nutrient for joint health. JOINT PLUS combines glucosamine with carefully selected ingredients, including Type II Collagen, a key component of healthy joint cartilage. For healthy joints, we recommend JOINT PLUS, and for temporary relief of joint and muscle discomfort, Pain NoMore is the perfect companion.

JOINT Plus

SRP\$90/120caps



A premium joint health supplement formulated with a rich blend of nutrients that help support muscles, bones, joints, and other connective tissues. It promotes flexible, healthy joints while also helping maintain youthful, healthy-looking skin.*

Recommended for those who:•

Experience joint discomfort or stiffness•
Find climbing stairs more difficult than before• Are concerned about aging skin•
Feel their legs and lower body have become weaker *



The Ideal Combination for Joint Support! Formulated with a powerful blend of ingredients known to support healthy joints, carefully balanced for maximum effectiveness. Key Ingredients•
Glucosamine – Helps promote the formation and repair of cartilage. • MSM (Methylsulfonylmethane) – Supports the connective tissues that bind cells together. • Chondroitin – Helps maintain the structure and integrity of cartilage and connective tissues. • Collagen – Supports joint comfort, flexibility, and mobility. • Chitin & Chitosan – Help support immune health and protect cartilage cells.*

August Special!

● Receive a FREE 20-tablet trial pack of GinkgoCoQ10Max (SRP \$18.60) with any Magnus product purchase. **One complimentary gift set per order.**

■ Buy JOINT PLUS (120 caps) (SRP \$90/ Member \$63) and get 1 Pain NoMore (SRP\$30) and 1 Ginkgo CoQ10 Max trial pack FREE! **One complimentary gift set per order.**

■ Buy 5 JOINT PLUS (120 caps) (SRP \$90/ Member \$63) and get 1 Free, Plus Pain NoMore (SRP\$30) and 1 Ginkgo CoQ10 Max trial pack FREE! **One complimentary gift set per order.**



Ginkgo CoQ10 Max

A targeted formula supporting three key areas: heart, memory, and eye health. It helps promote healthy circulation, especially throughout the brain and delicate capillary networks, while supporting cognitive function and overall vitality.

Main Ingredients

- Ginkgo Biloba Extract
- Green Leaf Extract
- Reishi Mushroom
- CoQ10 • Lutein
- B-Complex Vitamins
- Vitamin C



SRP\$84/90caps

Pain NoMore

A natural pain relief gel combining organic germanium with carefully selected herbal ingredients. Easy to apply, it helps soothe and relieve discomfort associated with back pain, knee pain, muscle aches and joint stiffness—bringing comfort where you need it most.*



SRP\$30/4OZ



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Joint Health & Glucosamine Support

Glucosamine: Supporting Healthy Cartilage & Joint Function

Glucosamine is a naturally occurring compound that serves as a building block for cartilage components. It helps support healthy cartilage structure, promotes normal cartilage metabolism, and supports smooth joint movement and flexibility for everyday activities.*

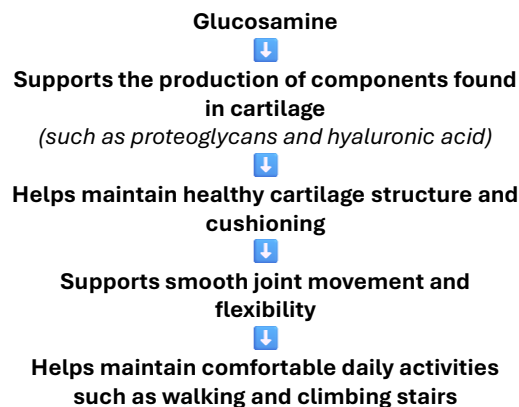
Glucosamine's Role in Joint Health

Glucosamine is a naturally occurring substance that serves as a building block for important cartilage components, including:

- ✓ Proteoglycans — help maintain cartilage cushioning and moisture
- ✓ Hyaluronic Acid — supports joint lubrication
- ✓ Glycosaminoglycans (GAGs) — essential structural elements of cartilage and connective tissue

Does Glucosamine Decrease with Age?

As we age, the ability to repair cartilage decreases, and the production of cartilage components that utilize glucosamine is thought to decline. Therefore, glucosamine is used as a supplement to support joint health, especially for people experiencing joint discomfort or concerns related to aging.



Did You Know?

- An average adult takes **over 5,000–7,000 steps each day**, placing continuous demands on the joints.
- The knee is one of the largest and most heavily used joints in the body.
- Cartilage has **no direct blood supply**, so maintaining its normal structure relies on nutrients delivered through joint fluid.

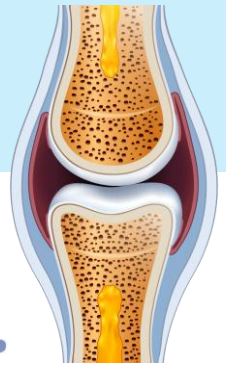
- Glucosamine is a naturally occurring compound found in cartilage and is commonly used in dietary supplements to support joint health.
- It helps support the maintenance of healthy cartilage and overall joint function.
- Consistent use for 2–3 months may be beneficial as part of a daily wellness routine.

■ Who May Consider Glucosamine?

- Adults who wish to support healthy joints as they age.
- Individuals looking to maintain joint comfort and mobility during everyday activities or an active lifestyle.

■ Suggested Intake

Clinical studies have commonly used 1,000–1,500 mg of glucosamine per day, taken either once daily or in divided doses. For general wellness, many people choose 600–1,000 mg daily. Products that also contain MSM and Type II Collagen may provide complementary nutritional support for healthy joints.*



How Joints Naturally Change with Age

As we age, the body's musculoskeletal system naturally undergoes gradual changes that can affect joint function and mobility.

Cartilage

- Cartilage is the smooth, cushioning tissue that helps joints move comfortably.
- With age, the body's natural ability to maintain healthy cartilage gradually slows.

Joint Lubrication

- Synovial fluid helps lubricate and cushion the joints.
- Natural changes in this fluid may contribute to reduced joint lubrication over time.

Ligaments and Tendons

- Ligaments and tendons are connective tissues that help support joint stability and movement.
- These tissues may become less flexible as part of the normal aging process.

Muscles and Bones

- Maintaining healthy muscles is important for supporting joints and promoting stability.
- Bone and muscle health naturally become increasingly important with age and regular physical activity.

Supporting Healthy Joints

Regular exercise, proper nutrition, maintaining a healthy body weight, and appropriate dietary supplementation—can help support joint health, flexibility, and comfortable movement throughout life.

Glucosamine, MSM, Chondroitin, and Type II Collagen are commonly included in dietary supplements designed to support healthy cartilage, connective tissue, and overall joint health.

JOINT Plus

SRP\$90/120 tabs
(Members: \$63)



JOINT+ is a premium joint health supplement formulated with a generous blend of ingredients traditionally used to support healthy joints. Its key ingredient is glucosamine, combined with MSM, chondroitin, and an abundant amount of Type II collagen—the primary collagen found in joint cartilage. Expertly balanced, JOINT+ is an excellent choice for those looking to support joint comfort, flexibility, and mobility.*

参考文献 : <https://brand.taisho.co.jp/contents/livita/256/>
<https://www.kyowahakko-biohealthcare.jp/healthcare/glucosamine/effect01.html>
https://www.nccih.nih.gov/health/glucosamine-and-chondroitin-for-osteoarthritis-what-you-need-to-know?utm_source=chatgpt.com

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Message from Mr. Torii



August is the month when Magnus began. It was 48 years ago.

At that time, people were not yet very conscious of the importance of health.

After working for a company for 20 years, I resigned. I had suffered for many years from symptoms caused by my own unhealthy lifestyle, but they were completely relieved by taking just two nutritional tablets. Although I visited hospitals, the focus was mainly on examinations, and my condition never improved. A friend encouraged me by saying, "Why don't you turn your own experience into a business?" That inspired me to study health. The more I learned, the more I realized how closely health is connected to what we eat. I decided to take on the challenge, even though I knew I was starting before everything was fully prepared. Looking back, I am truly glad that I chose the health supplement business.

One reason is that I myself have been able to stay healthy all these years.

Health is greatly influenced by our daily lifestyle. I believe it accounts for about 90% of our overall health.

With proper nutrition, regular exercise, and adequate sleep, many illnesses can be prevented. Unless it is absolutely necessary, I rarely visit medical facilities. Every morning, I check my own level of health. My indicators are whether I wake up feeling refreshed and whether I can enjoy my breakfast calmly with a good appetite. If I have had enough sleep, I should wake up feeling refreshed. And, naturally, I am able to enjoy my meals as well.

I am convinced that as long as those days do not continue for more than three consecutive days, good health can be maintained. It also helps me identify the possible causes whenever I am not feeling well. Whether it is staying up too late and not getting enough sleep, being unable to sleep because of worries, or something else, there is always a reason. The morning after overeating or drinking too much, I naturally have little or no appetite. Likewise, when I have not been getting enough exercise, my appetite also decreases.

I call this simple practice of checking whether you can truly enjoy your breakfast the "Torii Health Method", and I encourage everyone to try it. It is easy to do, so why not give it a try?

Maintaining good health depends on the quality of your daily lifestyle. Your doctor is not the manager of your health.

You are the main person responsible—you must take charge of your own health. A popular Japanese female author published a book titled, "By the time we reach our 80s, most people either develop dementia or pass away. Our 70s are a special gift from God." It is true that life expectancy has increased, but we should pay close attention to the fact that healthy life expectancy is more than 10 years shorter than average life expectancy. The era of living to 100 in good health is still a challenge.

The secret to enjoying a healthy and fulfilling life in your 70s and 80s lies in your everyday lifestyle habits. As for me, my breakfast is basically a traditional Japanese meal. As soon as I wake up, I drink water with honey because the brain needs nourishment more than any other organ. Then I enjoy a light bowl of rice, a hearty bowl of miso soup filled with vegetables, dried sardines, simmered beans and vegetables, an egg, natto (fermented soybeans), pickles, and a pickled plum. I firmly believe that the traditional foods our ancestors have eaten for generations are the key to health and longevity.

To celebrate our **48th Anniversary**, we're saying **thank you** to all of our valued customers! With **any order**, you'll receive a **FREE trial-size pack of Ginkgo CoQ10Max**—one of our longest-running customer favorites that has been trusted for years. Because healthy joints are essential to staying active and enjoying everyday life, we're also featuring **Joint Plus** this month. For a limited time, you'll receive a **FREE Vitamin C** with every purchase of **Joint Plus**. It's the perfect complement to support healthy collagen formation and overall joint wellness. We're also excited to introduce **Fucoidan Gold**, our newest premium wellness formula. Fucoidan Gold features a unique combination of:

Triple Fucoidan from Mozuku, Wakame Mekabu, and Ganiashi Kombu

Triple Mushroom Blend featuring Shiitake, Reishi, and Agaricus blazei

A generous amount of beneficial **lactic acid bacteria**

This carefully crafted formula brings together some of Japan's most respected natural ingredients to support everyday wellness and a healthy immune system.*

If you'd like to learn more about **Fucoidan Gold** or any of our products, please speak with a Magnus staff member. We'd be happy to help you find the supplement that's right for you.

Thank you for trusting Magnus for the past 48 years. We look forward to supporting your health for many more years to come!

Commemorating his 90 years, Mr. Torii has launched his YouTube channel. For now, it is only in Japanese but please "Like" it to support him!



**Meet the
90-Year-Old
YouTuber!**



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FIRST CLASS MAIL



August Recipe

Eggplant and Tofu (Panda Express style)

Ingredients

16 ounces extra firm tofu cut into 1" cubes
¼ cup cornstarch
1 ½ cups Chinese eggplant cut into 2"
1 red bell pepper diced into 1"
3 stalks of scallions cut into 1"
For the sauce:
¼ cup soy sauce, 1 or 2 tablespoon rice
vinegar, ¼ cup water
2 tbsp dark brown sugar, 1 tspn grated ginger,
2 cloves garlic minced, 2 tspns cornstarch



In a small bowl, whisk together all ingredients for the sauce and reserve.

Heat a large skillet over medium high heat and add 2 tablespoons of oil to the skillet.

Toss tofu in cornstarch in a large bowl.

When the skillet is hot, add the tofu and flip when golden brown to ensure a crispy crust. You can do all sides or just two sides -Once the tofu is crisped to your desired crispiness, put tofu on a wire metal rack so it stays crisp

In the same skillet, add the eggplant, red bell peppers, and scallions.

Cook until crisp tender then add the tofu back in.

Pour the sauce all over the top and it should start to thicken immediately. Reduce heat to medium low and let simmer for about 5 minutes then remove from heat and serve!

《From our Friends》



● "I gifted Magnus Joint Plus to my mother, who had become less active and spent most of her time at home. I encouraged her to take Joint Plus along with gentle stretching and daily movement. After continuing her routine, she felt more comfortable with her daily activities and became motivated to go for walks again. I'm happy to support her wellness journey and hope we can enjoy a family trip together this summer."



S. Masukawa (Saitama, Japan)

● "Joint Plus feels like an excellent improvement from the previous Super Bio Max formula. I decided to try it as part of my daily joint and bone health routine. After three months, I noticed positive changes in my overall wellness and decided to continue taking it as part of my healthy lifestyle."



J. Shinohara (Florida, USA)

● "I have been a long-time user of Pain No More. A friend recommended trying Joint Plus as part of my daily wellness routine, and I decided to give it a try. After about a month, I felt more comfortable during my regular walking routine and enjoyed staying active. I plan to continue using it to support my healthy lifestyle."



K. Kim (Los Angeles, USA)