

KEEPING MOBILE OVER THE YEARS

COMBINING GLUCOSAMINE, CHONDROITIN AND OMEGA-3 COULD OFFER THE BEST NATURAL SUPPORT FOR JOINT HEALTH.

Together Glucosamine, Chondroitin and Omega-3 help the body renew cartilage in the joint, supporting joint mobility and reducing joint stiffness. Cartilage naturally thins as we age. Injuries over the years upset the biomechanics of joints, inflammatory cells gather round an injury site and release chemicals that can destroy cartilage.

Exercise is important for joint health and muscle mass is naturally lost with age, but if you don't work to maintain it, your joints end up absorbing the pounding from daily living, contributing to the wear and tear of joints. Weight training helps strengthen the muscles and ligaments surrounding joints, protecting them from damage.

Diet is important in ensuring the overall health of the joints, cartilage and ligaments. Excessive weight is a contributory factor to joint damage

in the long run, especially for the knees. Omega-3 fatty acids may help the immune defences and thus support joint flexibility. Glucosamine is a natural compound found in the body needed for the formation and repair of cartilage and body tissue. Chondroitin sulfate is an important component of connective tissue health.

Ensuring these are in your diet will help to keep your joints healthy and mobile as you age.

