

Health Bulletin

America's 20 Million Osteoarthritis Sufferers Not Just Seniors—Younger Patients Fall Victim, Too

(NAPSA)—As many as 20 million Americans suffer from osteoarthritis, or “wear and tear” arthritis, the most common form of the ailment. And while many believe the disease is an “aging” problem, people often develop osteoarthritis as teens, causing sore joints and limited mobility and making it difficult to enjoy normal activity.

According to Barbara Levine, R.D., Ph.D., Co-Director, Human Nutrition Program, The Rockefeller University, New York, NY, dietary supplements can be valuable in building healthy cartilage and maintaining healthy joints when taken in the correct dosages.

“A dietary supplement containing 1,500mg of glucosamine can support joint function and improve mobility,” Levine said. “Many supplements do not contain an adequate amount of glucosamine, so it’s important to check labels carefully to make sure you’re getting enough.”

One supplement that offers 1,500mg of glucosamine for maintaining healthy cartilage and strong, healthy joints is FlexTend™. Recently introduced by Novartis Consumer Health, FlexTend™ also contains an antioxidant complex including twice the vitamin C of similar supplements. FlexTend™ was developed specifically to sup-



port healthy cartilage and joint function to help users enjoy normal activity more comfortably.

FlexTend™ is part of ReSource® Wellness, a complete line of dietary supplements developed to help consumers take charge of their own health and feel better.

Whether the issue is joint health, low energy, mild memory problems or other age- and stress-related health issues, these unique blends of herbs, extracts and vitamins have been developed to target specific health needs. The products can be found in local food, drug and discount stores.

Call toll free 1-877-939-3556 Mon.-Fri. 8AM-5PM ET to speak to a ReSource® Wellness nutrition consultant or visit their Web site at www.resourcewellness.com.