



HEALTH AWARENESS

Joint Health: How To Renew And Revitalize Your Joints

(NAPSA)—Are you one of the 66 million Americans who have joint health concerns? Perhaps your mobility has decreased through the years and your early morning stiffness continues into the afternoon. As we age, the body is less able to renew and maintain the supportive cartilage structures surrounding joints and bones. Our joint problems can limit everyday activities such as walking, bathing and dressing.

According to the Centers for Disease Control and Prevention, half of the 66 million Americans with joint health problems don't think anything can be done to help them—which is simply not true!



Now is the time to take control and learn how to renew and revitalize your joints. The first step is to consult with your physician to obtain an accurate diagnosis of your joint health. While addressing your concerns, your doctor may suggest taking glucosamine and chondroitin—two dietary supplements that work together to promote cartilage and joint health.

“As millions of Americans seek options for their joint comfort, many are unaware of the various components, such as glucosamine and chondroitin, that are found in today's alternative joint support products,” explained Jason Theodosakis, MD, MS, MPH, FACPM, a respected author on the subject. “Glucosamine and chondroitin dietary supplements have been used for joint care for more than 20 years to help support joint mobility and flexibility. In fact, they have



You may be surprised at how easy it is to take care of your joint health.

been scientifically proven to promote joint health in more than 40 controlled studies.” These supplements are readily available in the vitamin section of your local supermarket or pharmacy.

Factors such as maintaining an ideal body weight, eating a healthful diet and committing to regular physical activity can positively affect your joint health. In addition, taking Osteo Bi-Flex® supplies you with the scientifically researched daily amounts of glucosamine and chondroitin to help maintain and revitalize joints.

Individual results may vary, but when taken daily, glucosamine and chondroitin supplements promote long-term joint comfort and health. They can support flexibility and mobility by helping to revitalize cartilage and lubricate joints. Put some life back in your joints.

For more information about joint health, visit www.OsteoBiFlex.com or call toll free 1-888-VITAHELP (848-2435).