

Health And Well-Being

Joint Discomfort

(NAPSA)—Health-conscious lifestyles, including vegetarianism and veganism, are on the rise in America, yet the nation's health as a whole is not seeing much improvement. In fact, according to the Centers for Disease Control and Prevention, more than 50 million Americans suffer from joint discomfort—but you don't have to be among them.

What To Do

If you have discomfort in or around one or more of your joints, talk to your doctor. The earlier you understand your condition, the earlier you can start managing it and making healthy lifestyle changes.

Fortunately, there are several steps you can take to address your joint discomfort and promote overall joint health.

For example, according to the experts at the National Institutes of Health, rest and exercise are important. Warm baths, massage, and stretching exercises should be used as often as possible, they recommend.

In addition, many people choose comfort by taking high-quality supplements that are designed to ease joint discomfort and that can make exercising easier. Now, the growing number of vegetarians and people with certain food allergies can also get this kind of help.

Advanced Vegetarian Formula To Help Promote Joint Comfort

There's a supplement that's gluten-free, shellfish-free, has no synthetic food dyes and is subject to more than 80 quality checks.

The active ingredients in the supplement, Cosamin Verde for Joint Health, include glucosamine hydrochloride, avocado/soybean unsaponifiables, 3-O-acetyl-11-keto- β -boswellic acid (QUIKLOX™



Even vegetarians can get joint discomfort. Fortunately, they can also get a dietary supplement made with them in mind.

AKBA) and decaffeinated green tea extract providing EGCG. These have been shown to decrease biomarkers associated with joint stress. Because of QUIKLOX™ AKBA, Cosamin Verde works faster than glucosamine alone.

How It Works

The ingredients in Cosamin Verde suppress production of a lipid-signaling molecule associated with joint discomfort and cartilage breakdown and decrease the gene expression of select biomarkers associated with joint stress and specific cartilage-degrading enzymes.

Because Cosamin Verde is made by Nutramax Laboratories Consumer Care, Inc., consumers consider it a premium brand and trust in its high-quality ingredients.

Where To Find It

Cosamin Verde, an Advanced Vegetarian formula, is available at Meijer, Harris Teeter, ShopRite, Giant, and Stop & Shop, and online at www.Nutramaxstore.com.

Learn More

For further facts and a look at the science underlying the development of this supplement, go to www.CosaminVerde.com or call (877) 267-2646.