

HEALTH HINTS

Staying Active With Joint Discomfort

(NAPSA)—Millions of Americans could have more in common with one of Hollywood's top stars than they might expect.

Like more than 66 million other people in the U.S., actress Jane Seymour was living with joint discomfort. And also like many Americans, she was concerned with losing the ability to do the things she loved most.



Actress Jane Seymour says she's found a way to stay active and maintain her joint health.

“When I first experienced aches and soreness in my knees, it was not an option for me to stop dancing or slow down,” said Seymour, 58.

To help keep moving, Seymour says she takes vitamin C if she feels a cold creeping up, and regularly takes Move Free Advanced, a daily dietary supplement for joint health. It has been clinically tested and, unlike glucosamine and chondroitin alone, it starts comforting sore joints in less than seven days.

“I felt an improvement in the first week and now it is part of my daily routine,” says Seymour about her supplement regimen.

You can call (866) 914-2082 for more information or to receive a free seven-day starter pack of the supplement. You can also visit www.keepmovingwithmovefree.com.