

Natures Aid: Joint Health

The Scale of The Problem

- Joint problems such as osteoarthritis affect many millions of people throughout the world, leading to agonising pain and disability.
- Arthritis is the single biggest cause of physical disability in the U.K. and is the second most common cause for people taking sick leave, after mental health disorders.
- More than 70 million Europeans suffer from osteoarthritis at a public health cost of 80 billion Euros per annum.
- After the age of 50, 1 in every 2 people are affected by this.

The Scale of The Problem

- Bone and joint disease is the primary cause of disability and prolonged pain in the world.
- Rheumatism is the primary reason for seeking medical care and the major cause of sick leave and hospitalizations in the world.
- The two most common joint diseases are:-
 - 1) Osteoarthritis (cartilage degradation).
 - 2) Rheumatoid arthritis (chronic inflammatory disease).

The Stages of Osteoarthritis

- When a diagnosis of osteoarthritis is made, doctors often use a scale to describe the level of degeneration of the joint lining.
- This scale runs from 'Stage 1' to 'Stage 5', with Stage 1 symptoms involving mild morning joint stiffness and Stage 5 involving severe pain and immobility.
- Realistically, nutritional supplements can offer some degree of help for the first 4 stages; beyond this, very few will avoid surgery.

Stages 1 – 2 (Mild)

Symptoms

- Mild, early morning joint stiffness.
- Eases after person gets 'up and about'.

Key events

- Loss of water molecules from the joint tissue - needed to lubricate, nourish and hydrate cartilage.
- Nutrients, such as Vitamin C and sulphur use these fluids to access cartilage. Without these, joint cells suffers poor nutrition and synthesise less building blocks (GAG).
- Reduced viscosity of synovial (lubricating) fluid.

Stages 1 – 2 (Mild)

Perfect Partner – Glucosamine and Chondroitin

These two 'proteoglycans' form GAGs, molecules that are of primary importance as the building blocks in the growth of healthy new cartilage.

The Chondroitin also helps draw the lost moisture back to the lining and restores the viscosity of synovial fluid, so is perhaps most suited to early stage osteoarthritis.

Stages 2 – 3 (Mild-Moderate)

Symptoms

- Moderate level of prolonged discomfort.
- Discomfort soon occurs with activity, e.g. gardening.
- Numbness and tingling symptoms start to appear in limbs if spine is affected.

Key events

- Ongoing loss of water and viscosity of the synovial fluid.
- Integrity of joint structures start to suffer due to poor nutrition. All arthritic joints are low in sulphur, a deficiency that slows cell detoxification.



Stages 2 – 3 (Mild-Moderate)

Perfect Partner – Glucosamine, MSM & Chondroitin

- Combining Glucosamine, MSM and Chondroitin together may best suit those who have suffered joint wear for some time and who suffer prolonged discomfort.
- Both MSM and Chondroitin have beneficial effects on joint structures.
- Chondroitin contributes to the ‘springiness’ of cartilage-rich tissues.
- MSM helps to support multi-directional resistance to loads and acts as an anti-inflammatory.

Stages 3-4 (Moderate)

Symptoms

- Severe discomfort and restriction of joint mobility.
- Pain is constant and can cause depression.

Key events

- Sulphur-rich bridging links (rungs in the collagen structure like those of a ladder) fail.
- Poor nutrition and detoxification mean poor cell vitality and more inflammation.



Stages 3-4 (Moderate)

Perfect Partners – Glucosamine, MSM & Chondroitin/Serrapeptase

- When reversing the loss of sulphur, and relief from pain are the most urgent needs.
- MSM should serve as both a valuable nutrient and an anti-inflammatory.
- MSM plays important roles in detoxifying cells by increasing the permeability of cell membranes, reducing pain and inflammation.
- Serrapeptase also provides much needed anti-inflammatory effects plus is gentle on the stomach.

Stage 5 (Severe)

Symptoms

- Inflammation worsens.
- Bone grinding against bone.
- Patients are in constant pain.

Perfect Partner – The Surgeons Knife!

In all likelihood there is nothing to be done for these unfortunate people, the only thing we can do is try to help those before they get to this stage.

Glucosamine

What Is It Good For?

1. Joint Health.
2. Eye Health.

How Does It Help?

- Glucosamine is an essential precursor to chondroitin (a key structural component of cartilage), hyaluronic acid (found in synovial fluid, the vitreous humour in the eye and connective tissue) and aggrecan (which gives connective tissue elasticity).

Glucosamine

Why buy Natures Aid?

- Sodium free to keep from adding to that in the diet.
- 1500mg tablets are coated for ease of swallowing.



Glucosamine & Chondroitin Complex

What Is It Good For?

1. Joint Health
2. Sports Support
3. Animal Health

How Does It Help?

- Chondroitin sulphates are a component of cartilage which help to attract water into joint tissue which is essential for elasticity and fluidity.

Glucosamine & Chondroitin Complex

Why buy Natures Aid?

- Guaranteed marine sourced chondroitin from squid.
- With a blend of Rosehip, Turmeric, Ginger & Vitamin C.
- Easy to swallow capsules.



Glucosamine & Chondroitin

What Is It Good For?

1. Joint Health.
2. Eye Health.

Why buy Natures Aid?

- 500mg Glucosamine sulphate and 400mg Chondroitin sulphate.
- Ideal formula for early stage wear and tear arthritis.
- Chondroitin is from squid, no concern over bovine sources.
- With added vitamin C, which acts as a joint glue.



Joint Support *Plus*

What Is It Good For?

1. Joint Tissue Quality
2. Pain Relief
3. Inflammatory Damage Reduction.

How Does It Help?

- Chondroitin and hyaluronic acid act as glue for the joints and hold water in the joint tissue. Celadrin improves the viscosity of the synovial (lubricating) fluid. MSM forms cross-linkages that hold the collagen together in the joints (a common deficiency in arthritic joints). Vitamin C and copper are needed for collagen formation whilst the Glucosamine literally supplements the falling production of this important nutrient in the joints.

Joint Support *Plus*

- MSM reduces the accumulation of inflammatory toxins therefore reducing the pain associated with arthritis. The fatty acids in Celadrin have anti-inflammatory properties and research has shown pain-relieving benefits with supplementation of rosehip.
- Zinc, copper and manganese are important for the formation of superoxide dismutase an enzyme that provides important antioxidant defence in nearly all cells exposed to oxygen therefore reducing the damage caused by the inflammatory process.

Why Choose Natures Aid?

- Three Natures Aid Joint Support Plus capsules provide 500mg Glucosamine Hydrochloride, 100mg Chondroitin Sulphate, 500mg MSM, 10mg Hyaluronic Acid, 132mg Ester C, 500mg Celadrin, 500mg equivalent Rosehip, 15mg zinc, 3mg manganese and 1mg copper.

Rosehip

What Is It Good For?

1. Arthritis.
2. Cardiovascular Support.

How Does It Help?

- The positive action of rosehip can be attributed to the little known glycoside of mono and diglycerol that exhibits an anti-inflammatory effect both around the joints and within the arteries.

Rosehip

Why buy Natures Aid?

- Each Natures Aid Rosehip capsule contains 187.5mg of Rosehip extract equivalent to 750mg.
- Encapsulated in a vegetarian capsule.
- Suitable for vegetarians and vegans.



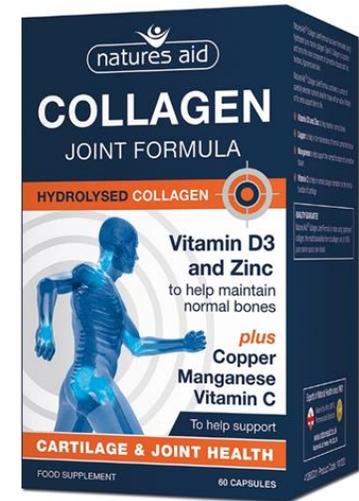
Collagen Joint Formula

What Is It Good For?

1. Joint Flexibility
2. Healthy Joint Construction
3. Osteoarthritis

How Does It Help?

- Collagen is the main structural protein of the various connective tissues in animals. Collagen is mostly found in tendons, ligaments and skin, and is also abundant in corneas, cartilage, bones, blood vessels, the gut, and intervertebral discs.
- Zinc is needed to form hydroxyapatite which is a naturally occurring crystalline calcium complex which forms the bulk of bones and teeth. Zinc can also help speed up the healing of fractured bones.



Collagen Joint Formula

How Does It Help?

- Vitamin C - contributes to the protection of cells from oxidative stress and contributes to normal collagen formation for the normal function of teeth, gums, skin, cartilage, bones and blood vessels.
- Copper helps balance the copper-depleting effects of the zinc and aids new collagen formation.

Why Buy Natures Aid?

- Natures Aid Collagen Joint Formula is made using hydrolysed collagen, the most bioavailable form of collagen
- Natures Aid Collagen is 100% pure marine source from skate and rays

