

GIVE JOINTS A SPORTING CHANCE

Submitted by: Spink Ltd

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A GOPO® (<http://www.litozin.co.uk>) A DAY KEEPS JOINT PAIN AT BAY

Joints, like other body parts, wear out. In runners, joint problems are most frequent in the hips, knees, spine and ankles. Even if you're the rare biomechanically perfect runner, you're not immune to joint aches and pains. Give joints a sporting chance by taking a few simple steps to maintaining good joint health.

Take a regular food supplement – daily dose of GOPO®

LitoZin® Joint capsules contain a patented anti-inflammatory ingredient called GOPO®, made from specially cultivated rose-hips. Vigorous scientific studies have shown GOPO® to be effective in relieving joint pain and stiffness, reducing the consumption of painkillers and significantly improving mood, sleep quality and energy.

It can be taken for joint pain caused by arthritis, sports injuries or general wear and tear, and it can be taken safely alongside other treatments. Unlike glucosamine, it can be used by diabetics and people with shellfish allergies.

GOPO is available in LitoZin Joint Health (<http://www.litozin.co.uk>), £20.49, www.litozin.co.uk, Boots and major supermarkets and chemists

Maintain a healthy weight

Maintaining a healthy weight can be beneficial on joints. One study claimed that losing about a pound of weight delivers almost a four pound reduction in knee joint load for each step.

Avoid injury

Sports injury can increase the chances of developing and aggravating osteoarthritis in many athletes. Should injury occur allow enough time for full recovery and be sure to seek professional advice if symptoms persist.

References:

Rein E, Kharazmi A, Winther K. A herbal remedy, Hyben Vital (stand. powder of a subspecies of *Rosa canina* fruits), reduces pain and improves general wellbeing in patients with osteoarthritis – a double-blind, placebo-controlled, randomised trial. *Phytomedicine* 2004; 11: 383–391.

Messier SP, Gutekunst DJ, Davis C, Devita P (2005) Weight loss reduces knee-joint loads in overweight and obese older adults with knee osteoarthritis. *Arthritis & Rheumatism* 52:2026-2032.]

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