## JOINT PAIN NUTRITION PROGRAM



Finally, a nutritional answer to the ache's and pains many of us experience as we grow older! Shaklee's nutritional products can provide natural relief and allow us to enjoy life to the fullest!

## START WITH THE SHAKLEE VITALIZER SYSTEM And Add:

**Joint Health Complex** - The articular cartilage which cushions our joints deteriorates with age. This process is greatly accelerated by repetitive motion, poor diet, lack of exercise and overweight. Once the articular cartilage is damaged we start to experience joint pain and to lose range of motion. Eventually, this can result in the disease osteoarthritis. Shaklee's osteokinetics contains glucosamine hydrochloride, along with other herbal ingredients and nutrients proven to build and maintain healthy articular cartilage.

**OmegaGuard** - **EPA** is an essential fatty acid that has been shown to reduce the symptoms of rheumatoid arthritis. Because it also reduces the risk of heart disease, it is generally the first choice. You may also wish to consider

**GLA Complex. GLA** is another essential fatty acid that has been shown to reduce the inflammation associated with rheumatoid arthritis, and it also helps reduce the symptoms of PMS.

**Alfalfa Complex** - Alfalfa has been used from the time of the Egyptians to relieve arthritis pain. Shaklee uses only the highest quality alfalfa, grown without pesticides or herbicides.

**Super Cal Mag Plus or Chewable Cal Mag Plus** - The inflammation of arthritis often accelerates bone loss and most of us don't get enough calcium and magnesium from our diet to rebuild the lost bone. In addition, magnesium helps relax muscles and relieve muscle aches and cramps.

WHY ENDURE THOSE ACHES AND PAINS ANY LONGER?

WHY NOT START YOUR ANTI-INFLAMMATION NUTRITION PROGRAM TODAY?