Understanding Joint Discomfort

(NAPSA)—For the millions of Americans who suffer from joint discomfort, knowing a few facts could be very comforting.

Why Joints Hurt

Joints are the junction between two or more bones. When you do even the simplest of everyday activities, there is tremendous pressure on your joints. A protective cartilage cushion and joint fluid work together like a shock absorber to allow for proper joint flexibility and movement.

Sometimes, however, the cartilage breaks down. This can be due to:

- Age
- Excess weight
- Inactivity or overuse
- Injury
- Genetics.

What Can Be Done?

Fortunately, there are safe and natural options available that are supported by sound science. To control discomfort, minimize joint damage, and improve or maintain function and quality of life, there are several steps you can take. These include:

- Physical therapy
- Splints or joint assistive aids
- Weight loss
- Medication
- Supplements.

One supplement has been found to work at the cellular level to help support joint comfort and cartilage protection. A university study on a combination of ingredi-

What's a nice person like you doing with joints like that? If you ever develop joint discomfort, you may be glad to know help is available.

ents—ASU (Avocado/Soybean Unsaponifiables), glucosamine HCl, chondroitin sulfate, AKBA (from Boswellia serrata), and decaffeinated green tea extracts—was shown in a six-week study to reduce specific biomarkers associated with joint discomfort and cartilage breakdown.

The supplement tested is Advanced, Faster Acting formula Cosamin® ASU, from Nutramax Laboratories Consumer Care, Inc., which developed the first glucosamine/chondroitin combination product in 1992.

It's certified by NSF, the quality organization that developed the American National Standard for dietary supplements, and is available at Costco and other fine retailers.

Learn More

For further facts, go to www.Cosaminasu.com or call (877) 267-2646.