



# spotlight on health

## Fight Joint Pain Naturally

(NAPS)—Every day across America, it's estimated more than 40 million people suffer from some form of joint aches or pains. Countless others seek ways to proactively support their joints before they become uncomfortable.

These minor joint aches are concerns for many, from seniors to weekend athletes to overweight individuals. Physical activity and aging can both increase joint stiffness and pain in ankles, back, shoulders, hips, hands, knees, neck and wrists.

According to health experts, there are many natural ways to reduce the risk of stress or injury to joints, such as:

- Maintain ideal body weight to reduce stress on joints.
- Incorporate weightlifting into an exercise plan that helps build muscle, which protects joints and reduces cartilage loss.
- Avoid overuse and overextending the joints: repetitive stress on joints for long periods of time can accelerate the wear and tear that causes painful joint problems.
- Start new activities slowly and safely; being a "weekend warrior" can increase the odds of injury.

One new way to protect joints is with a comprehensive formula that can help pain sufferers reactively support joints and proactively increase overall health and well-being.

Flex-A-Min® contains a unique network of glucosamine, chondroitin and methylsulfonylmethane (MSM) which provides a strong combination to help build and maintain healthy joint cartilage, which cushions joints. Most importantly, the supplement is fully tested for potency and purity by the manufacturer.



**Uplifting News: Lifting weights helps build strength and, in turn, helps protect joints.**

Before shopping for supplements, health care professionals suggest you talk to a doctor to determine the type of joint pain you are experiencing because there are more than 100 forms of arthritis and related conditions. Also, it's wise to ask your doctor to include a note in your file that lists the types of supplements and dosages that you're taking.

Flex-A-Min is formulated by the Arthritis Research Corp., a subsidiary of NBTY, Inc. The Arthritis Research Corp. is committed to improving the quality of life for people with arthritis and sore joints through producing high quality products to promote joint health, assisting educational programs and funding research initiatives of arthritis and joint-care programs.

For more information about coping with aches and stiffness naturally, call 1-800-255-8490, or log onto the Web site [www.flexamin.com](http://www.flexamin.com).