



Joint Aid

helps maintain Joint Mobility

Why might you need Joint Aid?

Joint Aid is a dietary supplement which can help maintain your joint mobility.

Joints are continually being worn down and then they are repaired. If the balance of break-down and repair is interrupted the joint becomes damaged.

What is a Joint?

A joint is where two bones in the body meet and movement can occur. At these junctions the bone ends are covered with cartilage. This cartilage is lubricated and shock-absorbing. Wear and tear from constant movement or intense exercise can damage this cartilage, leading to a loss of lubrication, loss of shock-absorbing capacity and the feeling of stiffness.

Wear and tear can be a result of daily exercise, extra stress on joints – especially those heavily involved in sports, older people and general knocks and bumps acquired during exercise, being overweight or indeed being inactive.



Frequently asked questions on taking Joint Aid

How soon should an effect be seen?

Joint Aid takes a few days to build up in the body, so it takes 10 to 14 days to feel the benefit.

How long should someone stay on Joint Aid?

It takes 10 to 14 days to see the benefit of Joint Aid and it should be continued for a minimum of 1 month.

Once an effect has been seen, the intake can be reduced by half for long term maintenance.

What are the ingredients in Joint Aid?

per Tablet/5ml

Glucosamine Sulphate	750mg
Chondroitin Sulphate	400mg
Vitamin C	100mg
Manganese Sulphate	10mg

- Joint Aid contains Glucosamine and Chondroitin.

Directions Tablets: 60-90kg 2 tablets daily

Dosage can be decreased after 1 month to half if required

Liquid: 60-90kg 10ml daily

Dosage can be decreased after 1 month to half if required

Other information

- Do not use if seal is broken.
- Do not use if pregnant or lactating.
- Do not use if allergic to shellfish.
- Keep out of reach of children.
- Always read the label before use.
- If taking warfarin consult your GP before use.

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Available from your local pharmacy



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