

# New Supplement may give Relief from Pain of Arthritis

## ARTH-RITE FORMULA

There are two main forms of arthritis: osteoarthritis and rheumatoid arthritis. Both affect the basic material of which joints are made, cartilage and the joint lubricating fluid, synovial fluid. In osteoarthritis the cartilage stops maintaining and repairing itself leading to breakdown, resulting in pain and stiffness. Rheumatoid arthritis involves an autoimmune attack on the linings of the joints, resulting in pain, inflammation, joint disfigurement, and loss of joint function.

### Anti-Arthritic Supplements

Dr. Jason Theodosakios author of the recent US best selling book on arthritis 'The Arthritis Cure' declares 'Four decades of medical research from around the world have shown that two nutritional supplements - glucosamine and chondroitin sulphate can halt or reverse osteoarthritis.'

### Glucosamine

It provides the raw material needed to regenerate cartilage. According to Dr. Theodosakios 'Glucosamine can increase the production of collagen'. In nine European studies, glucosamine produced major reductions in joint pain, joint tenderness and joint swelling. One

double-blind study involved 30 patients with chronic arthritis who were divided into two groups. One group received 500mg of glucosamine sulphate per day for 14 days while the other group received a placebo. Total symptom scores including pain, swelling, tenderness and loss of function improved by 71% in the glucosamine group but were little changed in the placebo group. Another similar study confirmed these spectacular results. Glucosamine salts exhibit no toxicity, and are easily absorbed.

### Chondroitin Sulphate

Originally found in shark cartilage, chondroitin sulphate has been tested

extensively on humans with outstanding success. According to Dr. Theodosakios, chondroitin sulphate inhibits enzymes that degrade joint cartilage and collagen. It also helps to reduce joint pain and mobilise lipids and cholesterol deposits in blood vessels in surrounding joints.

### Essential fatty acids

The essential fatty acids GLA, EPA and DHA (gamma Linolenic Acid) are precursors of prostaglandins, such as PGE1, PGE2, and PGI2, which have known anti-inflammatory and anti-autoimmune effects. GLA is found in evening primrose oil, borage oil, and black currant seed oil and fish oils are rich in EPA and DHA. In double-blind clinical trials fish oils and seed oils have been found to produce substantial improvements greater than placebo in both osteo and rheumatoid arthritis.



Arth-Rite is the latest hi-tech supplement to hit the shelves of the Tony Quinn Health Stores. Feedback from our customers indicates that it is one of our most effective products to date. Its unique formulation contains glucosamine sulphate, n-Acetyl glucosamine, chondroitin sulphate, EPA, DHA, GLA, Vitamin E, Ascorbyl Palmitate and Magnesium Aspartate.

**COST £29.95 for 90 capsules**  
Special Offer 180 caps £57.00

# Is this the happy vitamin?

Research indicates that a particular nutrient which is part of the B-complex range may have a surprising effect on our moods and stress levels.

Many nutritionists feel that this vitamin, taken as a supplement could be very useful to produce more energy and drive in anyone who feels that they should have more get up and go. If you feel under pressure and require more zest, drive and energy this vitamin may be the answer.

### UNIVERSITY RESEARCH

At the State University of Iowa, volunteers were given a diet adequate in all nutrients except this vitamin. They become easily upset, discontented, depressed, irritable and quarrelsome. They also developed fatigue, headaches,

rapid heartbeat, muscle cramps and continuous colds. Though sleepy they even suffered from insomnia.

### ANTI-STRESS VITAMIN

Research has shown that this vitamin protects the body in many ways during stressful situations, including maintaining blood sugar levels and preventing blood pressure from dropping. During any stress, illness, injury or trauma, when more anti-stress hormones are required, the need for this vitamin increases.

### THE 'HAPPY VITAMIN'

This 'happy' vitamin may also benefit our moods and many of our customers report that it gives them a boost. It is available in Ireland as Pan-Tac. Taken on a daily basis it is a safe way to help combat stress.



**1 month's supply £12.90**  
**2 months' supply £21.75**

## IMPROVE THE HEALTH OF YOUR ARTERIES

Numerous scientific studies show that magnesium deficiency may be one of the leading causes of cardiovascular disease in the Western world. Further studies indicate that an atherogenic form of cholesterol (homocysteine) can be neutralised by talking folic acid, Vitamins B6 and

B12 with each meal. Our new product LIFE EXTENSION MIX provides an abundance of magnesium to help protect the health of the arterial wall and also includes the complete B vitamin complex in their ideal proportions which may protect against hardening or clogging of the arteries (atherosclerosis).

## DO YOU SUFFER FROM MALNUTRITION?

Do you feel tired all the time? Has your get up and go, got up and gone? Maybe you're just suffering from malnutrition. There may be a simple solution. You may be lacking complete protein in your diet. Your muscles, skin, hair and vital organs are mainly made from complete protein. Proteins in turn are formed from amino acids. If some of these amino acids are lacking in your diet one of the symptoms is tiredness. We hear people say "I feel run down" and indeed this is a good description because the body does not have the amino

acids to renew itself (amino acids are often referred to as the building blocks of the body). Even when eating complete protein foods the amino acids can be damaged in the cooking process.

Why not treat your body to a repair job and then see how you feel. AMINO ENERGISE is fast becoming our best seller because it supplies the amino acids missing in most people's diets. It's worth a try, who knows, you may be able to say, like many of the letters we receive "I feel full of energy".

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