

Relief from Pain of Arthritis?

Glucosamine and Chondroitin may be the answer

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 Theodosakis 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.'

Improved 71%

It provides the raw material needed to regenerate cartilage. According to Dr. Theodosakis '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.

Reduce Joint Pain

Originally found in shark cartilage,

chondroitin sulphate has been tested extensively on humans with outstanding success. According to Dr. Theodosakis, 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 Linoleic 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. 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.

Glucosamine & Chondroitin A-Rite Formula



A-Rite is a unique formulation that contains glucosamine sulphate, n-Acetyl glucosamine, chondroitin sulphate, EPA, DHA, GLA, Vitamin E, Ascorbyl Palmitate and Magnesium Aspartate.

£29.95 for 90 capsules
Special Offer 180 caps £57.00

Breakthrough in Food Supplements

Vitamins and Minerals made entirely from Foods

For those who want the ultimate in nutritional supplements we have now available for the first time Vitamins and Minerals that are condensed food. These food-form nutrients are grown by using hydroponic farming (grown or nutrient activated in water). The dream of food scientists for decades was to take the necessary nutrients of natural foods and somehow shrink them into tablets. Then these tablets could be added to any diet for optimum nutrition. Now it has finally happened.

VITAMIN E AND SELENIUM

The benefits of Vitamin E as a general aid to longevity, due to its anti-oxidant action, have long been researched. There is now increasing evidence that optimal intake of the trace element Selenium may prevent or reduce the incidence of many deadly diseases. Irish soil is reputed to be deficient in selenium. Worldwide studies have shown that in countries where selenium levels are low diseases such as cancer and heart disease are more prevalent.

There is a special synergistic relationship among all anti-oxidants but especially



between Vitamin E and Selenium. The latest research suggests that the amount of Vitamin E and Selenium consumed in typical diets may not be enough to counteract the free radical damage that may compromise health and hasten ageing. We are very excited about our new FOOD-FORM vitamin E and Selenium supplement. We believe it to be one of our best products to date. It may have a particularly good effect on your skin. Some reports seem to indicate a smoothing effect in days.

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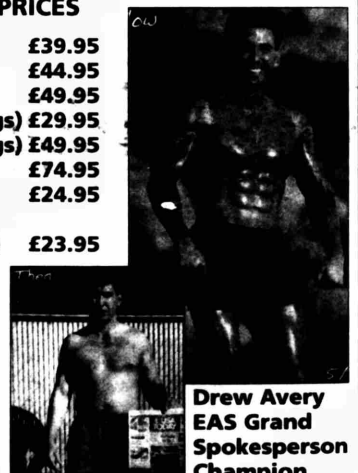
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Prolab Whey (2 lbs)	£24.95
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Prolab N-large (3.8 lbs)	£23.95

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Creatine 500g	£24.95
Creatine 1000g	£44.95

FULL RANGE OF EAS SUPPLEMENTS AVAILABLE



Drew Avery
EAS Grand Spokesperson
Champion

Free Radicals & Aging

Free radicals are molecules produced in the body from the fats that we eat, excessive sunlight, radiation (from computers, sunbeds, photocopiers, etc.) and air pollution. They impair the function of your immune system, hasten ageing and contribute to causing heart disease, cancer, lung disease, cataracts and a variety of other illnesses. When you reduce free radical formation you may age more slowly and decrease your chances of many illnesses. Antioxidants (as found in Tony Quinn's Life Extension Mix) are the magic bullet that can kill off free radicals in the body. For further information see page 3.