

VITAKIDS RECOMMENDS

ADULTS

Joints:

- Glucosamine, Chondroitin and MSM
- Hyaluronic acid
- Collagen
- Eggshell Membrane
- High potency Omega 3/6/9
- Turmeric/ Curcumin
- Systemic enzymes
- Black Cherry
- Nettle Root

Bones:

- Calcium/ Magnesium
- Vitamin D3/ K2
- Magnesium
- Olive Leaf Extract
- A high potency Multivitamin & Mineral

CHILDREN

Joints:

- Omega 3/6/9
- Vitamin C—for collagen-building

Bones:

- Calcium/ Magnesium
- Vitamin D3
- A high potency Multivitamin & Mineral

Tips to maintain healthy joints and bones:

- Eliminate consumption of high purine foods
- Drink plenty of water
- Exercise regularly, especially weight-bearing exercises
- Get enough exposure to sunlight
- Get enough sleep every night to allow recovery
- Wear comfortable shoes and keep your posture right

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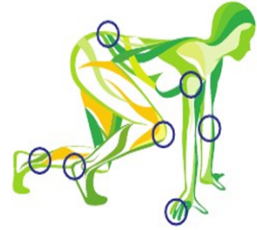
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How to Maintain Healthy Joints and Bones

Joint Problems

Living with painful and achy joints can compromise your quality of life as it prevents you from enjoying a healthy and active lifestyle. Chronic joint pain can cause difficulty in performing daily tasks, leave from work and financial burden due to high medical bills. It may also affect your emotional well-being.



What are Joints and why are they important?

Joints are the place at which 2 or more bones meet, and its primary functions are for movement and stability of the skeleton.

At the end of the bone, there is a tough but flexible connective tissue called cartilage which acts as a cushion for joints and prevents the bones from rubbing against each other. It is also responsible for smooth and flexible movement of joints during walking, running and exercising. As we get older, cartilage deteriorates naturally and slowly lose its cushioning function. This may result in friction between the bones leading to deformity, inflammation and painful movements.

When Good Joints Go Bad...

Arthritis

Arthritis refers to the inflammation of one or more joints accompanying with joint pain and stiffness. There are about 200 diseases that are classified under the name of “arthritis” and the two most common forms are osteoarthritis and gout.

Osteoarthritis is the most prevalent degenerative joint disease among people older than 65 though it can occur in any age. It usually results from progressive wearing of cartilage at the end of the bones, causing joint pain, loss of flexibility and mobility. The disease usually appears in weight-bearing joints such as knees, hips, spine and hands.

Gout is an intensely painful disorder characterized by build-up of uric acid and affects men more than women. Accumulated uric acid crystallizes into needle-like spikes and deposits around the tissue surrounding the joints. Penetration of sharp crystals to the joints may cause swelling, redness and extreme joint pain. Gout attacks frequently manifest at night with joint pain accompanied by inflammation on a single joint (usually big toe) and fever.

Food rich in purine are also responsible in increasing uric acid levels in the body. According to the American Medical Association, high purine-containing foods include:

• Beer, other alcoholic beverages	• Legumes (Dried Beans, Peas)
• Yeast	• Anchovies, Sardines in oil, Fish roe, Herring
• Meat extracts, Gravies	• Organ meat (liver, kidneys, sweetbreads)
	• Mushrooms, Bean sprouts, Asparagus, Broccoli

When Good Bones Go Bad...

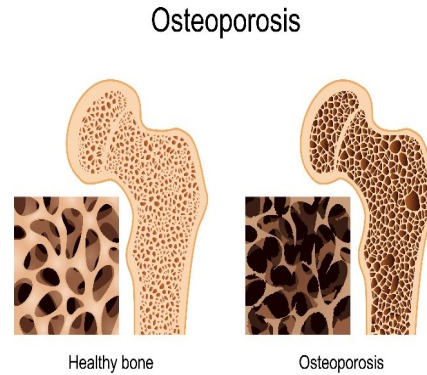
The risk of bone fracture is substantial among women with osteoporosis. More than 40% of postmenopausal women with osteoporosis are expected to experience at least one fragility fracture.

Despite these caveats, the current consensus is that approximately 1.66 million hip fractures occur each year world-wide.

Lifestyle and a person's behaviour have also been associated with osteoporosis and fracture risk. Use of alcohol, caffeine, and tobacco can increase the possibility of getting osteoporosis or bone fracture.

Factors causing bone loss, fracture or osteoporosis:

- Calcium and Vitamin D deficiency
- Poor diet
- Aging (usually >65 years old)
- Diabetes
- Family history of osteoporosis
- Menopause



At A Glance: Root Causes and Symptoms

	Osteoarthritis	Gout	Osteoporosis/ Bone fracture
Root Causes	<ul style="list-style-type: none"> • Fractures and injuries • Food Allergies • Excess body fat • Emotional stress • Hormone imbalance • Poor posture 	<ul style="list-style-type: none"> • Diet rich in purine, saturated fats, refined carbohydrates and alcohol • Obesity • Kidney Disease • Medications that increase uric acid levels • Stress 	<ul style="list-style-type: none"> • Calcium and Vitamin D deficiency • Poor diet • Aging (usually >65 years old) • Diabetes • Family history of osteoporosis • Menopause
Symptoms	<ul style="list-style-type: none"> • Morning stiffness • Painful swollen joints • Restricted range of motion • Deformity of joints 	<ul style="list-style-type: none"> • Sharp pain, usually on a single joint and most often in big toe joints • Inflamed, red joints that feel hot and are tender to touch • Fever 	<ul style="list-style-type: none"> • Fracture • Broken bones

Nutrients for Maintaining Healthy Joints and Bones:

Bone	Calcium	- The building block of bone structure, thus, an appropriate supply is essential at all stages of life.
	Vitamin D	- Helps maintain normal blood levels of calcium and phosphorus.
	Magnesium	- Involved in bone and mineral homeostasis.
Joints	Glucosamine and Chondroitin	- Supports cartilage build up and elasticity. - Effective dose between 500 to 1,500 mg per day. Glucosamine is usually sourced from shellfish. Those with allergies are advised to take vegetarian sources.
	Methylsulfonylmethane (MSM)	- Supports lubrication around joints and may help in reducing inflammation.
	Hyaluronic Acid	- Helpful in lubricating the joints thereby allowing more flexibility.
	Bromelain and Proteolytic enzymes	- Provides an anti-inflammatory effect
	Turmeric	- May reduce the swelling and inflammation associated with joint pains.
	Black cherries and Nettle root	- May facilitate the flushing of uric acid associated with gout.

Experience Greater Mobility and Flexibility Now and Through the Years

Osteoarthritis, gout, fractures or osteoporosis are highly controllable diseases. Prevention is the main key in maintaining healthy joints and bones. However, if it is already haunting you, there are still some things that you can do to slow down the damage. So be in control NOW by:

- Getting the right nutrients.
- Maintaining a healthy weight.
- Exercising regularly and adequately (not excessive).
- Supplement with natural vitamins and minerals that supports joints and bone health
- Perform routine tasks without injuring your joints.
- Having good footwear to help you move around more comfortably.

