

Product of the week ...

Pure-Col will help keep your joints in a healthy condition

COLLAGEN is the glue that holds the human body together and a product called Pure-Col now offers you the chance to consume 100 per cent collagen in capsule form.

Pure-Col is used by athletes such as Becky Lyne, the European 800m champion, to maintain healthy joints. But collagen helps more than joints – it keeps the body in good shape generally.

More than 60 per cent of your body is made up from connective tissue and collagen represents 80 per cent of all connective tissue. In addition to this, around 75 per cent of the dermal layer of skin and it is also vital for the teeth, nails, hair and bones.

■ SEE www.100collagenltd.co.uk

