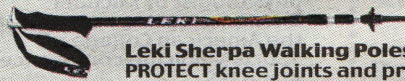


10 OF THE BEST

HEALTHY JOINT PRODUCTS



Oscar Vital Max Juicer, £249
PEOPLE with weak bones often eat an alkaline-high diet to stop calcium being leached from their bones. This powerful juicer can extract even more from the fruit and vegetables.
www.nutricentre.com

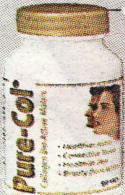


Leki Sherpa Walking Poles, £66
PROTECT knee joints and provide greater stability under foot, reducing the risk of bones being jarred or injured. Adjustable and collapses to a compact size.
www.leki.de



Kids Complete Complex, 150g, £10.80
THIS multivitamin and mineral powder is rich in calcium – good for kids who won't eat dairy. Sprinkle onto food or mix with juice.
www.biocare.co.uk

Perfect Sweet £2.69
THE UK brand name for xylitol – a natural sugar alternative. Studies show it helps bones absorb minerals such as calcium. From Sainsbury's and Waitrose.
perfectsweet.co.uk



Pure-Col, £29.95 for one month
COLLAGEN is a protein found in bones and cartilage, but it diminishes with age. This protects cartilage against deterioration, easing joint pain and injury.
 Stockists: 0191 291 3385;
www.collagen4u.co.uk

OmegaFlex, £12.95 for 60 high-strength capsules
A FISH oil supplement that helps to maintain bone density and limit wear and tear on ligaments and joints. Contains omega-3, 6 and 9 fatty acids.
 Mail order: 0845 1300 424.



Osteoporosis Home Kit, £49.99
CHECKS your loss of bone density or if you're suffering from osteoporosis. Diagnosis is by a home urine sample which is posted off for analysis.
www.homechec.co.uk