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Collagen is becoming widely acknowledged in the world of martial arts for its ability to boost the physiology naturally, while helping to heal and protect from injury. **Pure-Col** - a leading 100% pure collagen capsule - helps kill joint pain while increasing agility, stamina and performance.

So how does it work? Collagen is the most abundant structural protein found in cartilage, muscle, tendons, ligaments and bones. However, our own collagen levels start to diminish at a rate of approximately 1.5% each year 25 onwards - which is why it is essential to supplement this reduction to ensure optimum performance.

With documented research and clinical trials spanning 20 years, **Pure-Col** protects cartilage and synovial fluid from deterioration. The main benefits of **Pure-Col** include:

- Increased stamina
- Increased agility, speed and performance
- Greater mobility in joints
- Reduced aches and pains
- Overall physiological protection, maintenance and repair
- Smoother, tighter skin, thicker hair and strengthened nails

Please note that it is recommended that this product be used for a minimum of three months for effective and sustained results.

It's sister product, **PainNoMore**, is a unique deep heat lotion which should be applied topically, which combines collagen with aloe vera - a renowned natural anti-inflammatory. **PainNoMore** was designed to cater for the growing demand from athletes, sports people and regular gym goers seeking quick-fix relief from sporting injuries and debilitating aches and pains including arthritis. This product provides the perfect antidote to a host of complaints including the following:

- Muscle and joint pain
- Tired, aching muscles
- Sore limbs including the feet
- Neck tension and headaches
- Cramp
- Burning leg sensations
- Before and after exercise (to relax muscles and prevent stiffness)

Packaged in a 100ml tube, this product is easily transportable, slipping into any bag. Simply apply a thin layer to where needed and gently massage until absorbed. This can be repeated up to six times a day if required. Use for a minimum of three months for effective and long-lasting results.

Pure-Col is priced £29.95 for one month, £70 for three months or £130 for six months supply. **PainNoMore** is priced £13.95 for one tub or £36 for three tubes. For stockist details or to order, please contact **Perfect Look & Health** on 0191 291 3385 or visit www.Lookandhealth.co.uk



FRANK WARREN SUPPORTS MMA

BoxNation and **Ultimate Warrior Challenge** have completed an exclusive partnership agreement to promote Mixed Martial Arts (MMA) as a core discipline. The increased coverage of combat sports for **BoxNation** provides a more comprehensive channel for fight entertainment which is now unparalleled within the UK. **Ultimate Warrior Challenge** will continue its drive as the number one MMA promotion in Europe, benefitting from the platform of **BoxNation**.

Promoter, **Frank Warren**, had this to say: "Boxing will always be my first love, but there is no doubting the growing popularity of MMA and when you see the phenomenal fitness and technique required to be a top performer in MMA, it is not hard to understand why. The sport is massive in the US but **BoxNation** wanted to support and develop a homegrown British series and this is why we have partnered with **Ultimate Warrior Challenge**. Having MMA on the channel adds to the already significant Boxing content we bring to our UK audiences, creating an unrivalled level of premium fight sport content and major live events - that is good news for everyone."

Tara Brady, of **UWC** said this: "UWC already has the pedigree as one of the longest serving professional MMA promotions, with the highest quality fights within Europe. This partnership is another demonstration of the continued growth of MMA in Europe. I am excited to be working with Frank and **BoxNation** in such an important phase of the MMA growth within the UK."

BoxNation is a subscriber based channel with exclusive access to big live fights from all around the world and all the behind-the-scenes access to the fight world you could want - from interviews with the fighters, to expert commentary and analysis, to weigh-ins and press conferences.

Ultimate Warrior Challenge (UWC) is one of the strongest and longest serving professional MMA promotions in Europe. MMA is one of the fastest growing sports in the world and **UWC** is now in its sixth year of operation as the leading professional MMA organisation in Europe.