

Start Building Healthy Joints Today



Osteoarthritis (OA) is a progressive joint disease due to failure in repairing of damaged joint. It may be due to biomechanical, biochemical and/or genetic factors and more than often, it involves multiple joints. When diagnosed with OA, people more than often conclude that pain of arthritis spelled life indoors with limited movements. But life does not have to be any less fun and sweet just because you have OA. The first step towards improving your quality of life with OA is understanding OA itself and to stay positive.

Research demonstrated that 3-in-1 combination of glucosamine-chondroitin-MSM appears to act synergistically to slow down the progression of joint degeneration, stimulate the production of new cartilage, have an anti-inflammatory effect and improve mobility in people with OA. These experts insist on the importance on the clinical proven formulation and also the quality and purity of glucosamine and chondroitin to be pharmaceutical grade rather than food supplement grade.



Malaysia Osteoarthritis Statistics

A Malaysian study (2002) concluded that age is the most powerful predictor of OA with the prevalence of OA rising steeply with advancing age at all joint sites.

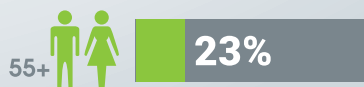
30% Malaysian above 65years have some form of OA



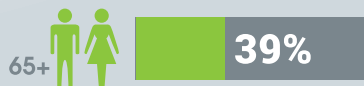
2x women with OA as compared to men



23% of those over 55 years complained of knee pain



39% of those over 65 years complained of knee pain



Feel the Original Difference

Different brands contain different amount, quality and purity of glucosamine, chondroitin and MSM. It is important to find out which product has been studied with good results in the original clinical study. This is the only way to expect a good result from a product that is equivalent to that reported in the clinical studies. It is important to choose original brands and starts building healthy joints today.



cs bioactive®

OptiMSM®

Feeling Good in Your Golden Years

Staying positive about your situation and cultivating a proactive approach to managing your symptoms will put a spring back into your life once again.

Try the following tips to stay healthy and active:

- ✓ Choose the original brand glucosamine-chondroitin-MSM formulation
- ✓ Understand OA and its natural history to cope better and experience less pain
- ✓ Aim to lose weight. Weight loss decreases pain substantially in those with knee OA
- ✓ Carry out light movement and light physical activity, these are like medicine to joints. Avoid high impact movement and weight-bearing activity
- ✓ Use joint protection devices like walking canes, shoes with good shock-absorbing properties and knee brace

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OptiMSM® is a registered trademark of Bergstrom Nutrition, Inc., USA.

Reference:

(1) Ministry of Health Malaysia, Malaysian Society of Rheumatology, Academy of Medicine of Malaysia, Clinical Practice Guidelines on The Management of Osteoarthritis, 2002; 1-23. (2) Ministry of Health Malaysia, Malaysian Society of Rheumatology, Academy of Medicine of Malaysia, Clinical Practice Guidelines: Management of Osteoarthritis (Second Edition), MaHTAS, 2013; 1-24.

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