

# NUTRITION TO HELP WITH JOINT PROBLEMS



In a healthy body, the ends of bones are coated with protective cartilage, which is constantly broken down and rebuilt. However, if it breaks down too fast or rebuilds too slowly, then cartilage degrades allowing bones to rub together, causing pain, irritation and inflammation.

## HOW CAN DIET HELP?

**Support cartilage:** Nutrients such as omega-3 from fish; glucosamine; chondroitin; manganese and anti-oxidants can help slow the breakdown of cartilage and speed up the creation of new cartilage.

**Weight management:** Excess weight is both a cause and a result of the problem. Excess weight increases the levels of cartilage degradation whilst the reduced mobility, caused by the pain, contributes to further weight gain.



## SPECIFIC™ JOINT SUPPORT



Wet and dry diets for cats for support of healthy joints and mobility.

- High levels of omega-3 from fish to support the natural anti-inflammatory process and reduce degradation of cartilage
- A powerful combination of cartilage supporting nutrients including omega-3 fish oils; glucosamine and chondroitin; beta glucans; manganese to activate cartilage creating enzymes and antioxidants to mop up cartilage degrading free radicals
- Moderate energy levels and L-carnitine – a fat burning amino acid derivative to help maintain ideal bodyweight and reduce pressure on joints