

GOPO® Joint Health Body Map

Over 20 million people in the UK live with a musculoskeletal condition.¹ Whilst chronic joint conditions, such as arthritis, are typically managed with over-the-counter medication,² there is a national consensus on the need for a more holistic approach to treatment, including both non-pharmacological and pharmacological options.³ Pharmacists and healthcare professionals have a responsibility to better educate patients on self-management techniques, including lifestyle and diet changes, together with evidence-based alternative treatments, such as the clinically backed supplement, GOPO® Joint Health.

RHEUMATOID ARTHRITIS

Pharmacists can play an important role in managing patients with neck and shoulder pain. Pain and swelling in the shoulder is a particularly common symptom for rheumatoid arthritis sufferers.⁴

- ✓ In a randomised, double-blind, placebo-controlled study involving patients with rheumatoid arthritis, GOPO® significantly reduced the number of tender and swollen joints⁵

OSTEOARTHRITIS

The most common reason for a hip replacement is osteoarthritis,¹⁰ and whilst the NHS typically aims to provide elective surgeries, such as joint replacements, within 18 weeks,¹¹ more than 2 million people are now waiting longer than the statutory time frame,¹² leaving many needing interim support to help manage pain.

- ✓ In one study involving patients with osteoarthritis, GOPO® significantly improved hip joint mobility⁵
- ✓ GOPO® treatment improved activities of daily living and quality of life, including walking down the street, getting into and out of the car, shopping, putting on/taking off tights and socks and getting up and down from the lavatory⁵
- ✓ 8 out of 10 patients reported a significant reduction in pain after just 3 weeks of GOPO® treatment⁵

GOPO® Joint Health is the only available product containing high levels of GOPO®,¹⁵ the galactolipid compound derived from *Rosa canina* (the sub-species of rose-hip),¹⁶ with one study suggesting that GOPO® may be more effective for pain relief than paracetamol and glucosamine.⁵

Clinical trials confirm that GOPO® has a favourable safety profile with no known side effects, no known contradictions and no interactions with other commonly used arthritis medications.⁵

To help patients live a life without limits, contact G.R. Lane Health Products Limited: 01452 524012, or visit the GOPO® Joint Health website: www.gopo.co.uk

6% OF THE UK POPULATION OVER 45 YEARS OF AGE HAVE SOUGHT TREATMENT FOR OSTEOARTHRITIS OF THE HAND AND WRIST⁶

Menopausal joint pain is also commonly experienced in the hands, knees and shoulders.⁷

- ✓ One randomised, double-blind, placebo-controlled trial carried out in Denmark concluded that GOPO® reduced pain in 90% of participants with hand osteoarthritis during everyday manual activity⁸
- ✓ GOPO® intervention also resulted in a 33% reduction in the use of conventional painkillers⁸
- ✓ In one study, women of menopausal age reported a 50% decline in pain and stiffness and an improvement in daily living activities following 3 months daily consumption of the galactolipid, GOPO®⁹

1 in 5 ADULTS OVER THE AGE OF 45 IN ENGLAND HAVE OSTEOARTHRITIS OF THE KNEE¹³

Knee injuries account for 41% of all sporting injuries¹⁴ and in some cases, if the joint does not heal correctly, it can accelerate cartilage deterioration, causing prolonged joint pain and stiffness.

- ✓ In one study, GOPO® reduced joint pain and knee resistance⁵
- ✓ GOPO® supplementation also improved the quality of joint movement and may prevent the degeneration of joint tissues and cartilage⁵

Clinical studies also confirm that GOPO® provides consistent and significant relief from joint pain,⁵ reduces the need for rescue medication⁵ and may protect joint cartilage from inflammatory destruction.⁵



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