



measured in thickening of the cartilage,' said Dr Hughes. 'Glucosamine is one of the chemicals of which cartilage is made, feeding the chondrocytes which produce the strong healthy cartilage which is the shock absorber of the joints and it's that which wears out in osteoarthritis.

Successful athletes, particularly those playing high impact sports that place joints and cartilage under huge pressure have often proclaimed the benefits of such supplements.

"Sports men and woman can now feel reassured in their choice to use supplements to strengthen their cartilage and protect their joints. It is never too early to think about looking after your body." explains Tom Kalton owner of popular health blog [bestmultivitamins.co.uk](http://bestmultivitamins.co.uk).

It is always important to understand however that supplements are not an alternative but merely a supportive measure to a healthy lifestyle. The benefits of a well rounded and nutritional diet, as well as sensible workouts that include proper stretching, warm ups and cool downs, are all equally as important and must not be forgotten.

As with any medical problem it is always advisable to conduct your doctor if you are experiencing joint issues.

[Bestmultivitamins.co.uk](http://Bestmultivitamins.co.uk) specialises in providing informative and insightful information related to supplements, [vitamins](#), multivitamins and other new health products on the market. Established in 2009 the site has become a trusted and cited resource within the industry.

**Contact Details:** [bestmultivitamins.co.uk](http://bestmultivitamins.co.uk)

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