

## GOPO® Joint Health - Product Information

### Is GOPO® Joint Health a NEW product?

No - this popular natural rose-hip supplement was previously available under another brand name. Now manufactured in the UK, the product has been renamed as GOPO® Joint Health. There has been no change to the original formula or the source of rose-hips.

### What is unique about GOPO® Joint Health?

GOPO® Joint Health is made using a special patented manufacturing process to ensure it contains high levels of the key component GOPO®. Long standing Scandinavian research projects, together with published scientific studies, have established that rose-hip (*Rosa canina*) with a high level of GOPO® may play a valuable role in the care of joints and joint tissues.

GOPO® Joint Health is also rich in Vitamin C which is essential for normal collagen formation, needed by the body for healthy bones and cartilage.

### How do I take GOPO® Joint Health?

Swallow the capsules with water or split the capsules and sprinkle the powder over food.

If you are taking GOPO® Joint Health for the first time: Take 3 capsules twice daily for 3-5 weeks, then follow the maintenance dose.

Maintenance dose: Take 2 capsules twice a day.

### What is the product format?

GOPO® Joint Health is available in a 120 or 200 capsule pack.

How should GOPO® Joint Health be stored?

The capsules should be stored at room temperature in a dry place protected from direct sun light.

### Ingredients

Rose-hip, gelatin, Vitamin C (sodium ascorbate).

**Does the product contain yeast, gluten, wheat, dairy or lactose?**

No.

**Does the product contain any shellfish?**

No.

**Can I take the product if I have diabetes?**

Yes.

**Is the product suitable for vegetarians?**

The powder is suitable for vegetarians however, the capsule shell is made from gelatin. There is the option to split the capsule and discard the gelatin shell.

Always read the leaflet

**For full product information and ingredients list**

download the leaflet (PDF 1.06MB). <http://www.gopo.co.uk/joint-health/#product>

