

ROSE HIP

WHAT IS IT? A powder taken from the hedgerow plant dog rose.

WHAT DOES IT DO? It helps to alleviate the symptoms of arthritis.

HOW DOES IT WORK? It has natural anti-inflammatory properties that combat pain in joints inflamed by arthritis.

HOW IS IT TAKEN? Two to three 750mg capsules containing the essential active compound known as GOPO twice a day for three to five weeks. In studies, 82 per cent of patients reported an improvement after three weeks.

