

Beat joint pain – without painkillers

Are pain-relieving drugs the only solution for aching joints? We asked a panel of **Yours** readers to test an alternative treatment

Stiff aching joints can come hand in hand with getting older. There are 10 million people in the UK with arthritis and if you're one of them you may well be taking painkillers to make your life a bit more comfortable. In fact up to eight million people in the UK take painkillers on a daily basis. But with newspaper headlines claiming that regularly taking high doses of pain-relieving drugs could increase your risk of other health problems such as heart disease or stroke you may well be looking for an alternative.

Various herbal remedies and nutritional supplements have been found to help ease joint pain – but what if you'd rather not swallow yet another pill? We asked a panel of **Yours** readers to test a topical joint pain gel.

Joint gels can be applied directly to your aching joints. They work by delivering painkilling ingredients directly through your skin to the affected area – so they may work faster than supplements, which you often need to take for three months before you see a benefit. And, because you apply the gel directly to your

joints there are fewer side effects because your body doesn't have to deal with any medication.

What our readers tested

Pernaton Gel is a natural product that contains Green Lipped Mussel Extract – a great source of Glycosaminoglycans (GAG), a naturally occurring Glucosamine. If the cartilage in your joints has worn away your joints could become painful, stiff and swollen. Rubbing on a joint gel that contains glucosamine could help to maintain the health of your cartilage over time. Pernaton Gel also uses menthol, pine needle oil and other essential oils, which could help bring more immediate relief by increasing circulation to your joints and helping to relax aching, stiff muscles. But does it work?

The results

We asked 100 **Yours** readers to test Pernaton Gel for a month and then tell us what they thought. A huge **91 per cent** of our

91% noticed Pernaton Gel had helped to ease discomfort in their joints

panel felt that Pernaton Gel had helped to ease the discomfort in their joints, with **34 per cent** noticing a big difference. Many conventional over-the-counter joint gels contain ibuprofen, or other pain medication, which means they can't be used alongside any prescription painkillers that



Pernaton Gel contains green lipped mussel extract, plus menthol and pine needle oil essential oils



Yours recommends



"I have pain and stiffness in my finger joints," says Pat Richards (60). "I've always struggled to do the recommended exercises because I found them too painful. I decided to try applying Pernaton Gel to my fingers shortly before doing the exercise and it's worked really well. I can now do them all pain-free which is a great help."



"I'll definitely be buying Pernaton again," says Janet Scammell (67). "I have severe arthritis, particularly in my left knee. I was struggling to walk and the pain was regularly waking me in the night. I'm sleeping so much better since using Pernaton and I'm walking more comfortably too, it's made a huge difference to me."



"The gel was really easy to rub in, it absorbed well and there was no sticky residue as there has been with other products I've tried," says Dot Adams (54). "I'm troubled by most of my joints, but I mainly used the gel on my shoulder and found it gave me some relief."



"I have fibromyalgia and during cold weather I feel like the cold has soaked into my bones leaving me with extreme joint pain," says Geraldine Wasserman (66). "I don't like taking anti-inflammatories so I search for alternative ways to ease my pain. I used Pernaton Gel on my knees and ankles – it was easy to apply, felt really soothing and, best of all, it actually helped ease my pain."

your joints helps to support them, and exercise also helps to improve your circulation to keep your joints healthy. But in reality many people with joint pain struggle to exercise because they're in too much pain. Our testers overwhelmingly agreed that Pernaton Gel could help to ease joint pain with **88 per cent** of them saying they'd recommend it to a friend and **83 per cent** of them saying they'd buy it again.

Turn the page for an exclusive Pernaton offer for Yours readers. →



Because of these brilliant results we're proud to award Pernaton the Yours Recommends seal of approval. Pernaton is available from independent Pharmacies and Health Stores throughout the UK and Ireland.