

**Fitness expert Ian Campbell**

I have worked with a premiership football club as Nutrition and Sports Supplement Consultant for many years, as well as looking after international rugby players and world champion boxers. I always recommend Pure-Col collagen supplement as a must when it comes to protecting the knees from injury.

It is widely acknowledged in the sporting world that collagen supplements can help to protect, repair and maintain joints, cartilage, ligaments, tendon and bone.

We know that our own natural collagen diminishes at a rate of approximately 1.5% per annum from the age of 25 years onwards which is why it is essential to supplement this reduction to ensure optimum maintenance. Pure-Col is a 100% collagen tablet that, taken every day, may stimulate significant reduction in joint pain, tenderness and swelling and keep the cartilage and muscle healthy and strong.

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