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02/09/2007

Dear Stephen,

I have now been taking the Pure-Col collagen, twice a day for 3 months, and the Aloe juice for a little over 6 weeks.

As you know, I am taking both products in an effort to ensure the best nutritional support during my rehabilitation from a broken femur sustained in a running accident in March.

I have to say that my skin became noticeably smoother and 'plumper' about 6 weeks into the Pure-Col trial, and others have also commented on how good my skin looks. Although this is not of course the reason that I am taking the products, I can only assume that the regenerative effects which have occurred on the outside, have also taken place on the inside, assisting with the healing of the bone and the muscle tissue which was damaged in the surrounding area.

It gives me confidence to know that I am giving my body the best chance of a successful return to competition.

Thanks for sharing your great products!

Kind Regards,



Karen Harewood