

Collagen Type III for better joints

Maintain good joint health with collagen Type III supplements.

We rely on our joints to get us through the day. From getting up in the morning to climbing the stairs at night, we often take our joints for granted until they start to give us pain. What's more, we often stress and strain our joints through exercise and poor posture, leading to further problems in later years. Collagen Type III is essential to good joint function, which is why you might want to consider looking for appropriate supplements.

Replacing Collagen Type III

Collagen is responsible for keeping our skin elastic and our joints mobile. As we grow older, the collagen breaks down and is less effective at keeping us looking and feeling young. Problems with joints can be particularly painful and so it's no surprise that people with joint pain are looking for ways to boost their Collagen Type II levels in order to improve mobility:

- **Knees** – our knees are a crucial joint, and pain here can cause real problems for walking, sitting and balance. Maintaining healthy knee joints is vital as we grow older.
- **Hips** – painful and damaged hip joints become more common as we get older and can be exacerbated by the way we walk or how we stand. Putting more weight on one hip joint can cause problems, and the pain can be extreme. Try looking for a way to replace the essential collagen Type II to help with hip joint problems.
- **Arms** – wrist, elbow and shoulder joints can all give us trouble at any stage of life. Problems with bone structure, additional growth or general bone health can all have an effect. Collagen Type III helps to keep bones and joints healthy, and we really start to notice when collagen isn't having the effect it used to when we were younger.

If you're suffering from joint pain, whether recently or over a long period of time, you might want to find out what replacing collagen Type II can do for you. If taking a recommended supplement can help to ease the pain you're feeling, giving you better mobility and a better quality of life, it may be worth considering. You may want to get professional medical advice on collagen Type II and how its disintegration affects your joints, or you may want to try a different way of treating your joint pain.

Healthlab is an online health store offering collagen capsules. Healthlab offers capsules with collagen Type III as a main ingredient, which are designed to smooth wrinkles and lines, helping you to look younger. Designed for long-term use so that you get the best results, Healthlab offers you a great deal on collagen capsules. To find out more, or to place an order, take a look at our website or call us on 0845 130 21 33.