



RUNO: NATURAL RELIEF FROM PAINFUL SYMPTOMS OF RHEUMATISM AND ARTHRITIS

Over nine million people in the UK have arthritis⁽¹⁾ and rheumatic conditions are one of the most common reasons for visits to the doctor.

Rheumatism is the common term used for any disorder that causes pain and stiffness in the muscles and joints, including minor aches and twinges as well as disorders such as arthritis. There are over 200 kinds of rheumatic diseases, two of the most common being osteoarthritis and rheumatoid arthritis.

Arthritis is an inflammation of the joints and people who suffer will experience varying degrees of pain and difficulty moving around, often making normal, everyday tasks difficult to perform.

Because we do not yet know what causes arthritis, there is no cure, but there are treatments that can help to alleviate the symptoms. **Runo** from leading herbal medicine manufacturer, Bio-Health, is a high quality herbal medicine that has been specially formulated to provide relief from the symptoms of rheumatism, arthritis and other musculo-skeletal disorders.

Containing a blend of herbs that are well-known for their active antirheumatic and anti-inflammatory properties, Runo is suitable for those who are suffering from prolonged rheumatism or arthritic pain as well as people who suffer from short-term aches and pains such as back ache.

Runo offers natural relief for those who wish to alleviate their symptoms with a licensed herbal medicine and who may be concerned about the side-effects associated with conventional treatments for rheumatism and arthritis. It is a gentle formula that can be taken alongside conventional medicines, where appropriate, although patients should always check with their GP first.

The specially selected blend of herbs in Runo are:

Gum Guaiacum – with antirheumatic action, indicated for chronic rheumatic conditions.

Poke Root – an antirheumatic herb for use in inflammatory conditions.

Burdock Root – with depurative action (blood purifying) and indicated for treating rheumatism.

Sarsaparilla – an anti-inflammatory and antirheumatic herb indicated for use in rheumatism and rheumatoid arthritis as well as other inflammatory conditions such as psoriasis and eczema.

Black Cohosh – an antirheumatic herb. Well-known for its use in the relief of menopausal symptoms, it is also indicated for use in rheumatoid arthritis and muscular rheumatic conditions.

Prickly Ash – for use in treating rheumatic conditions

Cayenne – a stimulating herb that acts as an adjuvant and aids the efficacy of the active ingredients in other herbs contained in Runo.

Caroline Galloway BSc MNIMH, a medical herbalist practising in London and the South East, has treated many patients with rheumatism and arthritis. She comments:

“Runo is formulated with ingredients that have been specifically chosen for the relief of many of the symptoms associated with rheumatic and spasmodic conditions. It is a reliable herbal remedy with over 25 years of safe and effective use.”

Runo is a licensed herbal medicine (Product Licence No 0904/5005R) that is produced in the UK at Bio-Health’s Rochester headquarters. Ingredients and manufacturing standards comply with MHRA regulations.

Runo is suitable for adults and children aged over 8 years. Adults and the elderly should take one or two tablets, three times daily. Children aged 8 to 12 should take one tablet three times a day.

Bio-Health’s Runo is available from the NutriCentre (www.nutricentre.com), Revital health stores (www.revital.com) and John Bell & Croyden (www.johnbellcroyden.co.uk) as well as independent health stores, pharmacies and complementary therapists around the country. Runo costs £8.25 for a pot of 100 tablets.

For further information about Runo and other Bio-Health products visit www.bio-health.co.uk or call 01634 290 115.

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Notes:

1. Arthritis Care www.arthritiscare.org.uk

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SAMPLES AND PHOTOGRAPHY AVAILABLE ON REQUEST,

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