



# Health Matters

by  
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Gout is a type of arthritis that typically affects the metatarsal joint of the big toe, but it can occur in any joint. Painful and debilitating, gout is primarily associated with excess uric acid, but can also be linked with hypertension, high triglycerides, diabetes and obesity (50% of gout sufferers are overweight).

Uric acid levels can be abated by eliminating alcohol and sodas, reducing refined carbs (especially sugar) and drinking more water. Even two sugary drinks a day can increase the likelihood of gout by 85%. Alcohol and sugar impair the kidney's normal ability to remove uric acid from the blood.

**Go-Out Plex**, a blend of black cherry, celery seed, turmeric and bromelain (from pineapple), helps neutralize uric acid levels in the blood, thus controlling symptoms of gout. In a convenient capsule, this blend of food-derived ingredients helps provide effective relief without unwarranted side effects.

As always, we guarantee your satisfaction.

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