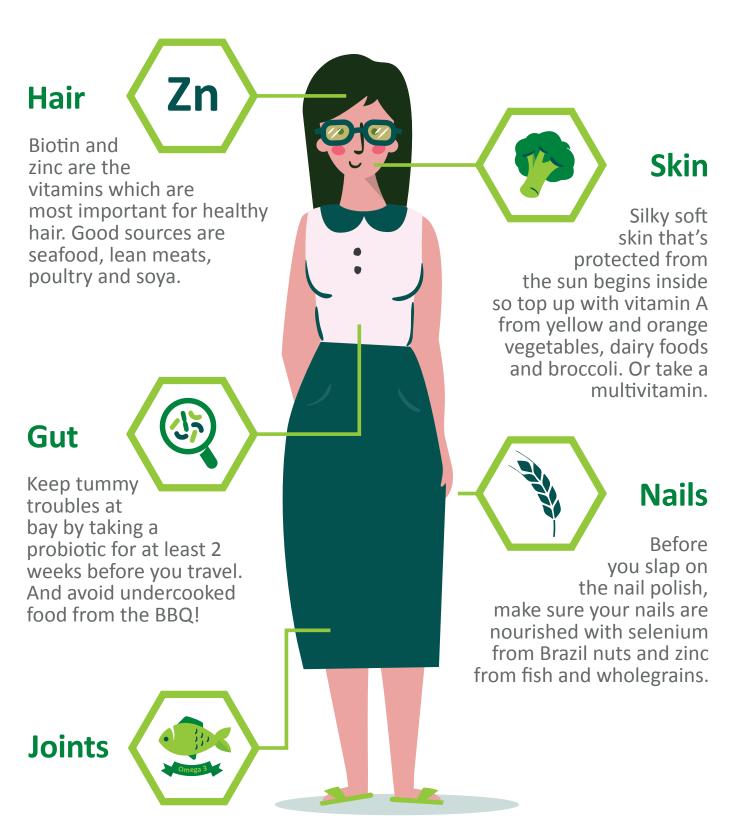
GET READY FOR THE SUMMER BY TOPPING UP ON VITAL NUTRIENTS





Active joints need a little TLC. Omega-3s from fish oils as well as glucosamine could help.