



# Health Matters

by  
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Gout is a type of arthritis typically affecting the metatarsal joint of the big toe. Painful and debilitating, gout is primarily associated with excess uric acid, but is also linked with hypertension, diabetes, high triglycerides and being overweight.

Uric acid levels can be minimized by discontinuing alcohol, limiting refined carbohydrates (especially sugar) and increasing fiber and water. Alcohol and sugar impair the kidney's ability to remove uric acid from the body. Foods high in purines, such as meats, shellfish, beans, asparagus and spinach can also contribute.

**Go-Out Plex**, a blend of black cherry, celery seed and bromelain (from pineapple), helps lower uric acid levels in the blood, thereby controlling symptoms of gout. These food-derived ingredients in a convenient capsule provide effective relief without the side effects of the prescription drugs prescribed for this condition.

As always, we guarantee your satisfaction.

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