Directions 3-5 weeks: 3 capsules twice daily.

Maintenance dosage: 2 capsules twice a day. Swallow with water, or split the capsule and sprinkle over food. Food supplements must not replace a balanced diet and healthy lifestyle. Do not exceed the recommended intake

Ingredients: Rose-hip, gelatin, Vitamin C (sodium ascorbate)

Content per capsule: 4 capsules provide: 3g scientifically documented rose-hip powder with 524µg of GOPO® (alycoside of mono and dialycerol) from date of production. Also provides 40mg Vitamin C (50% NRV*). *NRV - Nutrient Reference Value

Best Before End (BBE): See side of pack. Store in a dry place below 25°C. Keep out of sight and reach of children. Do not use if cap seal is broken.

Food supplement available in 120 and 200 capsules



GOPO® Joint Health is a unique patented food supplement made from specially cultivated rose-hip.

Lona-standina Scandinavian research projects. together with published scientific studies have established that rose-hip* (Rosa canina) with a high level of GOPO® may play a valuable role in the care of joints and joint tissues.

A special patented manufacturing process is used to ensure that this product contains a high level of GOPO® – making it a supplement with completely unique qualities.

GOPO® Joint Health is also rich in Vitamin C which is essential for normal collagen formation, needed by the body for healthy bones and cartilage.

Manufactured in the UK by:

G. R. Lane Health Products Ltd. Sisson Road, Gloucester, GL2 OGR, U.K. using specially cultivated rose-hips from Hyben Vital, Denmark.