GOUTCARE

A Comprehensive Guide to Gout Control

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GOUTCARE
www.goutcare.co.uk

Summary

This guide is about our product GoutCare (GC®), and what it can do for you to help control your gout when used as part of our recommended gout control programme. GoutCare (GC®) isn't a simple cure for gout; we don't believe that there is one. However it is a product that really does work when used in the right way as part of a healthy diet and life style. In this guide we will explain precisely how and why. First we will look in some depth at what are the symptoms and causes of gout with references to published academic work on the subject, and then we will consider how best to control gout.

Understanding the condition is essential if you are going to control and get on top of it. It is also important to accept that if you have already experienced an attack of gout, then some damage has been done. Unfortunately it isn't possible to turn back the clock, but as part of managing the condition you will need to be prepared to make some changes to your life style.

We believe that by gaining a real understanding of what is going on with your gout allows you to focus on healing it. We have tried to use the minimum amount of technical jargon, but some is unavoidable.

Conventional medical science has tried to provide a cure for gout., So far it appears to have failed, though it has come up with some drugs which don't fully work and, which for some people, can have very nasty side effects which we will describe.

For GoutCare (GC) to be effective it must be incorporated in an ongoing dietary and life style regime which includes simple changes to your diet and drinking the correct amount of water. We will explain the ingredients of GoutCare (GC®) and describe how they work both individually and together to aid metabolism and to help prevent recurrent gout attacks.

- The first stage is to cleanse the body of uric acid crystals (monosodium urate) which, as we will explain, are present in joints even when you are not suffering from an acute gout attack.
- The second stage is to maintain the uric acid in the bloodstream at the correct level. The approach to this is by combining the benefits of GoutCare (GC®) with a well balanced diet, correct hydration and healthy lifestyle.

We will then look at many of the factors concerning gout and its management.

IMPORTANT NOTE

It is important to point out that we are not giving you medical advice. You should always seek a Healthcare professional's advice regarding gout and uric acid levels. Information and statements regarding our dietary supplement GoutCare (GC®) have not been evaluated by any statutory or professional body and the information provided here is not intended to be used to diagnose, treat, cure or prevent any disease. If you have a medical condition, or are taking a prescribed medication please consult with your Doctor.

GoutCare (GC®) and other products are provided to promote joint health and general wellbeing as part of a healthy and active lifestyle. All the information in this guide is intended for your information only. It is not intended to be a substitute for medical advice given by your doctor or other medical professional.

GoutCare (GC®) is not a treatment for gout. Dietary food supplements should be taken in conjunction with, and not as a substitute for a healthy lifestyle and balanced diet.

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Gout and Hyperuricemia

Gout, a form of arthritis, is a result of monosodium urate crystals forming in joints and other tissues. Gout attacks result in a painful inflammation of one or more joints and in tophi which are nodules in the soft tissues. A gout attack is generally brief and normally subsides spontaneously but it can be very painful and for a time debilitating. Men tend to be more prone to gout than women and it affects nearly 4 percent of the population, however, more women and young people are presenting with Gout than ever before.

There is a strong correlation between the onset of gout and elevated levels of uric acid in the blood, for which the medical term is hyperuricemia. Not everybody with hyperuricemia gets gout, in fact around 20 percent of the population have hyperuricemia, yet only 4 percent suffer from gout. Hyperuricemia is also responsible for other conditions such as hypertension (high blood pressure), metabolic syndrome (diabetes, high blood pressure and obesity), and kidney disease.

Uric Acid

Uric acid is formed in the body by the metabolism of purines. Purines are natural substances that occur in all the body's cells, and in most foods. They form part of the chemical structure of plant and animal genes and are essential to life.

Excess purine is removed from the body by breakdown in the liver and excretion from the kidneys. First they are converted into the intermediate uric acid. In most mammals this is metabolised by uricase, an enzyme, into allantoin. Allantoin is soluble and is transported through the bloodstream, filtered by the kidneys, and finally excreted from the body.

The reason why the only mammals that suffer from gout are humans and other primates is that we aren't able to convert uric acid to allantoin; we can only break it down as far as uric acid which isn't as soluble as allantoin and which, when concentrations in the blood get too high seeps from the blood and is deposited as crystals in our joints and soft tissue.

The amount of uric acid in the blood depends on:

- **Its rate of production in the liver** which in turn depends on the amount of purine synthesised in the body and the amounts of purine absorbed from the diet.
- **The rate of uric acid excretion from the kidneys**. This has the greatest effect on blood uric acid levels, and 90 percent of hyperuricemia is the result of impaired renal excretion (Choi, 2005)
- **Uric acid excretion through the bowels**. While two thirds of uric acid excretion occurs through the kidneys, the other third is extracted through the liver and intestines to finally be excreted through the bowels (Hosomi, 2012).

Uric acid isn't just a "waste product" of purine metabolism. The kidneys excrete around just 10 percent of it; the rest is returned to the blood stream. The reason why we keep uric acid in our blood is thought to be because evolutionarily it was useful as a powerful antioxidant and protected us from a whole range of conditions.

Hyperuricemia and the Development of Gout

We need to maintain a certain amount of uric acid in the blood, but too much and we risk gout and other conditions such as kidney stones. If uric acid concentrations rise above their solubility limit it can come out of solution and precipitates as monosodium urate, which is a salt that forms fine needle like crystals in cartilage and fibrous tissues. These are shown in figure 1.

Urate crystals can re-dissolve in body fluids and re-enter the circulation, or they can enter nearby spaces in the joints and bursae, (fluid-filled sacs) that provide cushioning between tendons and bones.

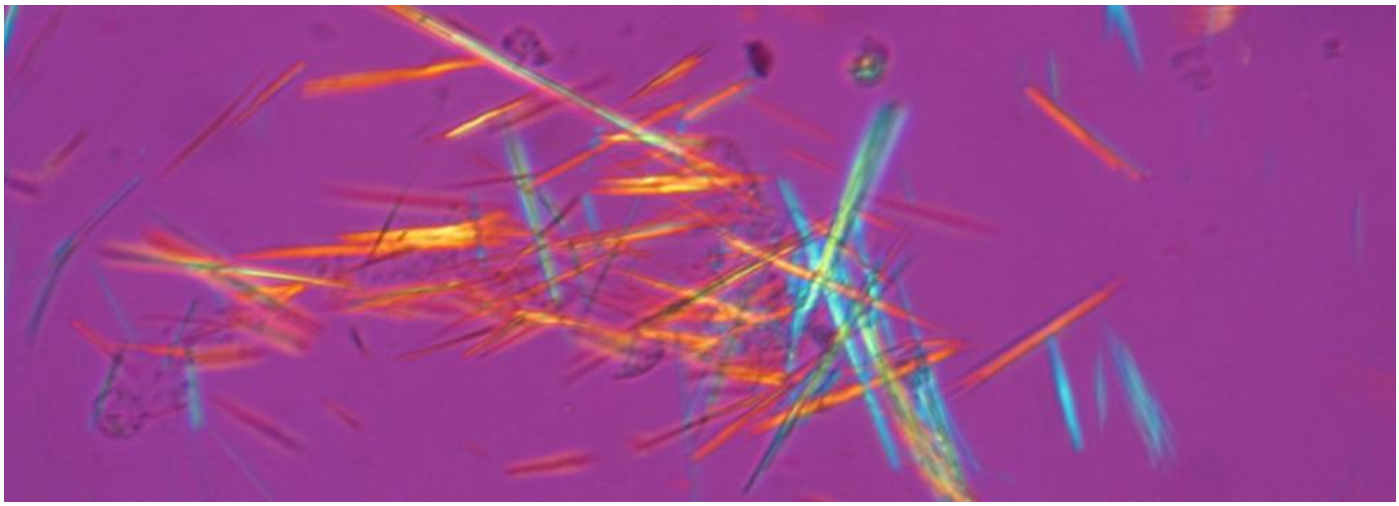


Figure 1 - Spiked rods of uric acid (MSU) crystals from a synovial fluid photographed under a microscope with polarized light. Fluorescent uric acid Wikipedia Creative Commons (CC) **CC BY-SA 3.0**

Gout Attack

Uric acid crystals can accumulate slowly over weeks, months, even years. Once they reach a critical level the immune system is triggered and sets about attacking them. This leads to uric acid induced inflammation.

Gout attacks occur as a sudden inflammatory arthritis, which generally affects a single joint. Typical joints that are affected are in the big toe, the ball of the foot, the ankle, knee, finger joints and the wrist. Often the skin looks red and shiny. Certainly the pain is severe and during a flare up even the touch of bed sheets can be quite unbearable. Sometimes you feel feverish and there is an increase in the white blood cell count due to the immune response. The attack might last a few days or may last for two weeks or longer. Figure 2 shows a classic gout attack of the big toe joint.

Attacks are likely to become more frequent and severe with each recurring episode, as is the damage to the affected joints. Between attacks urate crystals can still be present in the joint, and once a joint has suffered from an attack it is prone to being attacked again. If uric acid levels remain high, joint damage can occur even between attacks. Eventually this can lead to chronic pain, joint damage and reduced movement in the affected joints.

Figure 2 - Gout attack of big toe joint. Wikipedia Creative Commons (CC) **Gout2010 CC BY-SA 3.0**

Risk Factors

Box 1 - MAJOR CONTIBUTARY FACTORS

Low kidney clearance
Hypertension medication
Stress
Obesity
Alcohol consumption
Antibiotic use
Vitamin deficiencies
Restricted blood flow
Overly acidic diet
Prescription drugs
Illness/injury/surgery
Joint damage
Over-the-counter drugs
Crash diets/protein-rich
Lack of friendly bacteria
Gastrointestinal flora imbalance

The primary risk factor for gout is hyperuricemia (excess uric acid in the bloodstream). The chances of an attack are increased by age, kidney insufficiency (low kidney clearance), obesity, and high cholesterol. Diet, as we shall see later, is very important. Some prescription drugs also increase the risk, in particular thiazide and loop diuretics, immunosuppressive drugs and levodopa (used to treat Parkinsonism). Low doses of aspirin can also raise the level of uric acid by suppressing its excretion (though high doses of aspirin have the opposite effect; we explain more about the effect of various drugs later. Box 1 summarises the more important contributory factors and they are explained in more detail in our gout factsheet "12 Key Factors that Influence Gout".

Gout and your diet

Gout isn't always just a dietary problem. Some people may simply have a genetic predisposition to excessive uric acid production; however the condition can be exacerbated by an ill-balanced diet, and particularly with a diet that's overly acidic.

In their paper "A Perspective on Diet and Gout" (Kedar E, 2012) the authors noted that the incidence of gout has risen in recent years. They write that this is a new epidemic of gout and that the change coincides with a significant dietary shift, mentioning a rise in obesity and the use of high-fructose corn syrup as a prominent sweetener. Fructose is a powerful driver of ATP catabolism that, in turn, leads to the production of uric acid. Other risk factors are consumption of meat and alcohol and the continued use of culprit medications. They conclude that although the exact reasons for the rise in gout are yet unproven, there is the opportunity for dietary control of hyperuricemia through restraints that curtail not only exogenous (outside the system) but also endogenous (inside the system) pathways of purine production.

In another paper, "Purine-rich foods intake and recurrent gout attacks" (Zhang, 2012) the authors undertook a study on 633 gout sufferers on the effect of purine intake from both animal and plant sources. Their findings showed that acute purine intake "increases the risk of recurrent gout attacks by almost fivefold among gout patients". They also state that by avoiding or reducing the amount of purine-rich foods can help people reduce the risk of gout attacks.

The acidity of your diet is also important in that it can help to control the acidity of your urine. We have a delicate pH balance in our body and it is, naturally very slightly alkaline (7.35-7.45). Once this balance is altered the body will do everything it can to redress the balance and get back to the slightly alkaline state. This will increase uric acid production in the body.

Patients with gout frequently have low urinary pH (Thieme, 2007). Urine acidity can be between anything between a ph of 4.6 (acid) and 8 (alkaline), though, anything below 5.7 means that your risk of gout is very much increased. Ideally it should be around 7.0

In "Potential Renal Acid Load of Foods and its Influence on Urine pH" (Remer T, 1975) the authors developed a model of "renal net acid excretion" (NAE) that is based on the intake of nutrients. This clearly demonstrated the relationship between urine pH and various foodstuffs including certain hard cheeses, fats and oils, fruits, fruit juices, and vegetables.

The message is clear. The first thing you must do is adjust your diet with two aims: to reduce your purine intake, and to achieve an acid/base balance in your body.

Medical Treatment

While there are other illnesses that can masquerade as gout, gout is identified by the presence of uric acid crystals in the joint .They can even be detected during symptom free periods.

The usual treatment is to treat the symptoms by managing the pain and the inflammation. Non-steroidal anti inflammatory drugs, corticosteroids and Colchicine are often prescribed.

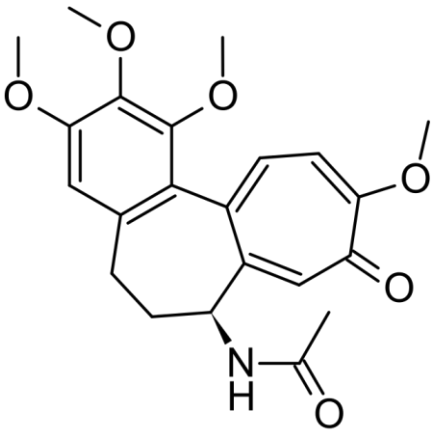
After the acute attack has subsided, the emphasis is on reducing hyperuricemia and other gout risks, for instance by adopting a low purine diet, losing weight, taking more exercise, limiting alcohol intake and maintaining correct hydration. Sometimes drugs such as allopurinol are prescribed in order to reduce uric acid levels; however these can have some serious contraindications and side effects. In fact many of the drugs used to treat gout can have particularly unpleasant side effects, which we describe in boxes 2 and 3 below.

GoutCare (GC®) will not have any negative side effects when combined with these drugs, but it is unlikely to be as effective as it would be otherwise. When taking prescription drugs such as these it will be difficult to achieve the optimum blood pH balance naturally, as the effects of the drugs will tend to be dominant.

However, if you have been prescribed either of them by your doctor **we do not recommend that you suddenly stop taking them**. That could lead to adverse effects.

We advise you to inform your doctor that you will be/are taking GoutCare (GC®). You might wish to talk to him/her about the possibility of coming off any drugs containing Colchicine or allopurinol.

Box 2 - COLCHICINE

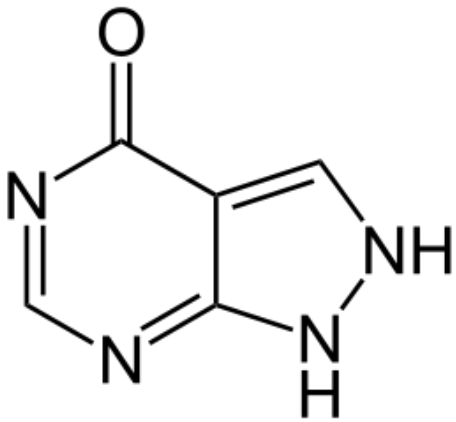


Derived from the the autumn crocus, used for the treatments of inflammation and rheumatism since ancient Egypt, it received official approval for the treatment and prophylaxis of gout flares in 2009

SIDE EFFECTS

It works by inhibiting mitosis (cell division) and although it can be effective it also has severe side effects. In patients with kidney problems toxic levels can build up in the blood leading to nerve damage (polyneuropathy) and irreversible neuromuscular disease. It has also been associated with dementia (Nakagawa, 1987). In high dosages it is very toxic with symptoms similar to arsenic poisoning.

Box 3 - ALLOPURINOL



Allopurinol is prescribed to treat excess uric acid in the blood. It doesn't alleviate acute attacks of gout, in fact it can make them worse, but it can help reduce the incidence of future attacks.

SIDE EFECTS

Many people are hypersensitive to the drug and patients taking it should be carefully monitored. It can cause serious skin problems including Stevens–Johnson syndrome and toxic epidermal necrolysis, both of which can be fatal.

Other less common side effects are depression of bone marrow and aplastic anaemia; peripheral neuritis; and interstitial nephritis which can result in kidney failure.

How GoutCare (GC®) Works

www.goutcare.co.uk

GoutCare (GC®) is our herbal blend which has assisted people in living a pain free life since it was introduced in 1998.

The herbs in the GoutCare (GC®) capsules encourage the digestive system to work more efficiently and when combined with a balanced healthy diet and correct level of hydration can help keep gout at bay.

As we have described, gout is caused when the uric acid in the blood precipitates out into the joints and soft tissue as monosodium urate crystals. GoutCare (GC®) helps prevent this happening by helping to maintain the uric acid in a soluble state so that the kidneys can remove the excess from the blood supply.

This powerful herbal blend also helps to enhance blood flow and blood purification, stimulate new liver cell growth and protect the liver from toxins.

It also increases kidney filtration and excretion, increases the production of bile, and boosts the digestive and immune systems. By doing so, it addresses all the key areas involved in uric acid control.

Ingredients of GoutCare (GC®) and their benefits

TURMERIC (Curcumin)

Description: Has anti-inflammatory and antioxidant properties. Aids in protecting the liver against toxins.

MILK THISTLE

Description: (80% Standardized Silymarin). This is a type of flavanoid and one of the most helpful liver protecting substances known.

ARTICHOKE POWDER

Description: (Globe Artichoke). Helps in the production of bile, aids in lowering cholesterol, and improves digestion.

YUKKA STALK

Yucca Schidegera (Saponins). Aids in blood purifying and helps metabolize the minerals and purines in food.

AGED GARLIC

Description: (Allium Sativum). Helps to detoxify the body and to protect against infection. Aids in enhancing the immune system, supports lower blood pressure, aids in reducing cholesterol.

How to use GoutCare (GC®)

There are two stages in using GoutCare (GC®):

- **Cleansing and Healing** - The first stage in Gout Control is to cleanse the body of uric acid crystals (monosodium urate) which are present in joints even when you are not suffering from an acute gout attack. The role of the GoutCare (GC®) programme in this is to assist the body in dissolving the crystals in the blood stream and to expel the excess uric acid through the urine. This typically takes 5 to 7 days.

- **Maintaining the correct balance** - The second stage is to maintain the uric acid in the bloodstream at the 'correct' level. As we have described previously, our bodies need a certain concentration of uric acid; it is only when that is exceeded that we experience problems such as an acute gout attack. Uric acid can be dissolved in the Blood Plasma providing the concentration of Uric Acid is less than 420µmol/l (7mg/dL). However, once this is increased the solubility reduces and over 540µmol/l (9 mg/dL)crystals will start to form and be deposited in the soft tissue and joints. The average concentration of uric acid in the blood of a normal adult is 300µmol/L (5 mg/dL)and the normal expected range is between 200 (3.3 mg/dL) - 450µmol/L (7.56 mg/dL)

By continuing to take GoutCare (GC®) in conjunction with a balanced diet, healthy lifestyle and correct hydration we can avoid, or at least considerably reduce, the incidence of further gout attacks.

Cleansing and Healing

Gout is a progressive disorder and the longer it is left untreated, the more vulnerable the joints become, and there is likely to be increased frequency and severity of the attacks. While one joint in particular may have been your problem area, you could eventually find that you are experiencing several places under attack simultaneously, with pain alternating constantly from joint to joint. Healing and cleansing aims to reduce uric acid deposits throughout your body, not just the areas that are producing pain.

While this cleansing is underway it is important to avoid additional production of uric acid. As the uric acid crystals are being converted into a soluble form the concentration of uric acid in the blood will increase until it is eventually eliminated from the body. If you continue to produce new uric acid at this stage then you run a much higher risk of increasing the severity of the attack as more crystals are deposited, perhaps moving the attack to other joints, or experiencing multiple attacks.

These risks can be considerably reduced and the efficiency of the cleansing process can be improved if you are able to obtain an acid alkaline balance in your diet and eliminate purine rich and acidic foods.

A purine free alkaline diet is difficult to maintain as many of the foods we enjoy do not fall into this category. As the cleansing process is only temporary, lasting about a week, you can slowly start to re-introduce your normal diet once the healing phase is completed. There will only be one or two foods that will trigger your attack and as this is unique to each person you will need to try and work out your individual triggers.

You will still need to be careful with regard to maintaining a balanced healthy diet, but as you will see from our suggested food choices this shouldn't be too difficult.

Hydration

Drinking the right kind and right quality of water during cleansing and healing is vital. Water plays an important part in healing and in keeping you gout free in the future.

Many people don't drink sufficient water. If we only drink when we feel thirsty then we are for much of the time borderline dehydrated. It is the body's response to dehydration that makes us thirsty.

There are different guidelines on how much water should one drink per day. The European Food Safety Authority (NHS, 2013) recommends that women should drink about 1.6 litres of fluid and men should drink about 2.0 litres of fluid per day, however the **WHO** (World Health Organisation, 2004) recommends 2.2 litres for women and 2.9 litres for men. WE SUGGEST THAT THE **WHO** RECOMMENDATION SHOULD BE YOUR TARGET.

Please be aware that the amount a person needs to drink to avoid getting dehydrated will vary depending on a range of factors, including their size, the temperature and how active they are. For instance, if you're exercising hard in hot weather you'll need to drink more.

Without proper hydration there is little hope of providing a mechanism for eliminating the dissolved uric acid from the body both while healing and then while remaining gout free after cleansing.

"A good water supply is also important. Tap water contains chlorine and other unhealthy contaminants., *Fortunately the level of chlorine in tap water is very low in England and Wales, this contrasts favourably with other countries where much higher levels are common* (Drinking Water Inspectorate (DWI), 2010). However it is known that any chlorine in tap water can lead to the production of trihalomethanes, which have been shown to cause heart problems and birth defects (NHS, 2008).

Certainly when you are going through the cleansing process it is advisable to avoid chlorine containing tap water if possible. We recommended that you drink bottled or purified water that is chlorine free. Alternatively, very good way of removing Chlorine is (Thames Water, 2012) is "to fill a jug with water and refrigerate it overnight, to let the chlorine evaporate. *It should be noted that water kept like this should be treated as a perishable food and be consumed within 24 hours."*

You should also avoid all other drinks during healing apart from a small glass of unsweetened fruit juice.

Rate of water intake

The rate at which you drink is also important. While the kidneys will process water however quickly or slowly it reaches them, the liver utilises the water at a much slower pace.

Drinking around 0.1 of a litre (0.17 pints) of water every half hour is the best way to provide maximum benefit to both organs. This also prevents bloating and supports the healing process throughout the day. By providing a round the clock urination source thus a steady and efficient rate of clearance is maintained.

GoutCare (GC®) Dosage

The standard dosage is 3 GoutCare (GC®) pills per day during and after healing. However if you weigh over 175 lbs (12.5 stone/ 80 kg) then the recommended dose is 4 pills.

However you should also adjust the dosage according to the frequency of urination. Once you have adjusted your water intake to the levels indicated above, if you find that you are not urinating every 1.5 to 2 hours, reduce the dosage to help to improve kidney clearance at a slower rate. The same applies if your bowels are not moving properly at least once or twice daily (with normal stools).

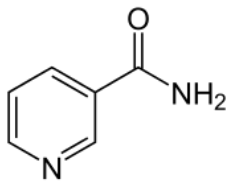
You should reduce the dosage to one pill a day for 2 days, two pills a day for the next two days, and then, if you are urinating as indicated above and your bowls are moving normally, you can increase the dosage to the standard level. The reason for this is to avoid encouraging too high a concentration of uric acid in the blood.

Tips for increasing frequency of urination and bowel movements

Urination increase: A cup of warm water in the morning with freshly squeezed lemon is a great kidney stimulator and when taken along with the recommended water intake can help increase urination to the optimum level. You can also try drinking the lemon and water a few times a day, but always, at least, first thing in the morning.

Bowel increase: An apple and an orange upon waking and before bed are great stimulators as are many of the suggested healing foods such as avocados, berries, and fresh figs. Many people find the increase in water supply along with GoutCare (GC®) and more roughage in the diet tends to naturally take care of any problems in this area.

Box 4 - VITAMIN B3 - NIACINAMIDE



Niacin and niacinamide (also known as nicotinomide) are both forms of vitamin B3, but they have different effects on the body. The body converts niacin to niacinamide so they are identical in their vitamin functions but niacin is more toxic. It can exacerbate skin conditions such as eczema (which can be particularly troublesome for gout sufferers). However there is also evidence that niacin can elevate the levels of uric acid.

Thus, it is important for gout sufferers to avoid supplements that contain niacin. You should take vitamin B3 only in its niacinamide formulation (Goldberg, 2000).

Recommended vitamins and other supplements

It is important to take care when taking vitamins and other supplements. Here are some guidelines.

Vitamin B3: This comes in two forms, niacin and niacinamide. The niacin form can be particularly aggravating to the gout sufferer (see Box 4) so you should ensure that **you only take vitamin B3 as niacinamide**.

Iron supplements: There is considerable evidence that an excess of iron in the blood can lead to elevated levels of uric acid (Mainous, 2011). It is important for gout sufferers to avoid iron supplements.

Helpful supplements: Many gout sufferers tend to be deficient in vitamins A, E, B5, and friendly bacteria such as Acidophilus. Supplements of these may also be beneficial to healing.

We do offer a high potency probiotic called Friendly Fighters® which uses micro encapsulation to ensure survival of the friendly bacteria strains through the stomach acids and into the intestines.

Pain relief

Pain relief is important in maintaining a good quality of life, but this needs to be managed carefully. As all analgesics (pain killers) are processed by the liver or the kidneys, they are always going to stress the organs that we are relying on to rid our bodies of uric acid. For instance Ibuprofen is processed by the kidneys; paracetamol and aspirin by the liver. Of these paracetamol (also known as acetaminophen) is the most toxic; it can raise uric acid levels in the blood (Wilding, 1975) so it is best avoided if possible. You should also avoid low dose aspirin which also increases uric acid levels, though adult dose aspirin, especially when taken as White Willow Bark (natural herbal) can be beneficial and doesn't raise uric acid levels.

Ibuprofen taken sparingly can help and if the pain is particularly severe prescription nonsteroidal anti-inflammatory drugs (NSAIDs) such as indomethacin can be beneficial (Axelrod, 1988).

If possible, then non drug based methods to reduce pain are preferable. Ice packs can help with acute pain, though there is the danger that the cold will slow down the rate of uric acid dissolution. However a heat pad will help move uric acid into the blood and out of the joints. This cold and hot combination also keeps circulation moving in the areas that you are unable to move very well.

Freshly squeezed lemon juice, either applied directly to the skin (topical application) or when taken orally has anti-inflammatory properties (Benavente-García, 2008).

High blood pressure and gout

Many different kinds of medications are used to treat high blood pressure, for instance diuretics. These increase the amount of salt and fluid that you pass out in your urine which reduces the amount of fluid in the circulation, thus reducing blood pressure. They can also relax blood vessels which further reduces blood pressure. Thiazide or thiazide-like diuretics are commonly used, for instance bendroflumethiazide, chlortalidone, and cyclopenthiazide.

However these drugs can exacerbate or lead to gout attacks. Excessive uric acid in the blood is a relatively common finding in patients treated with a loop or thiazide diuretics and such treatment may, over a period of time, lead to gouty arthritis (Kahn, 1988). This is because diuretics reduce uric acid excretion by increasing uric acid re-absorption and decreasing uric acid secretion. When this does occur, then the excess uric acid is generally treated by drugs such as allopurinol, the potentially harmful effects of which are described in Box 3 Page 7.

GoutCare (GC®) is also a mild diuretic and over time it can lower both high blood pressure and high cholesterol. Furthermore by keeping properly hydrated and maintaining a healthy life style you are providing additional help in keeping your blood pressure down.

If you are receiving treatment for high blood pressure then you should continue to take your drugs as prescribed. However we also recommend that you talk to your doctor about your gout control regime. It is possible that over time the benefits of GoutCare (GC®) will become apparent and your GP may decide to alter your high blood pressure medication.

Gout and High Blood Pressure, High Cholesterol, and/or Diabetes

Often all of the above conditions are present together and sometimes gout problems begin shortly after taking medications for these conditions.

As described above, the synthetic diuretics prescribed for high blood pressure can raise the blood uric acid levels. Additionally, high cholesterol medications, oral steroids, antacids, and antibiotics, have been shown to be nutrient depleting drugs, (Wahlqvist, 1995). Furthermore, nutrient depletion and a lack of healthy friendly bacteria in the body can create a toxic environment making us susceptible to number of diseases, including gout.

The over-prescription of drugs is all too common and is creating problems for individuals and society as a whole. Often these drugs could be avoided if one was willing to make some lifestyle adjustments.

GoutCare (GC®) has a mixture of natural ingredients that assist in lowering blood pressure, lowering bad cholesterol, raising good cholesterol, and also helping the pancreas to produce natural insulin. This has led some Diabetic Type 2 patients being able to reduce their insulin intake.

We strongly encourage you to monitor these conditions and to work with your doctor on any changes you see. Many find that GoutCare (GC®), along with a healthy acidic/alkaline balanced diet and improved hydration provides a natural improvement of these conditions.

However it is important to continue with your prescribed medications until your doctor recommends that you should stop them.

Blood thinners and GoutCare (GC®)

GoutCare (GC®) contains aged low odour garlic which helps to thin the blood, but there is no need to be concerned about combining it with a blood thinner prescribed by your doctor. The ingredients of GoutCare (GC®) are recognized as food sources, so combining them with any medication is not an issue. However, GoutCare (GC®) might help sufficiently for your doctor to lower the medication dosage, so you should inform your doctor that you are taking it.

Low dose aspirin and GoutCare (GC®)

Low dose aspirin is often prescribed for a number of conditions. As already mentioned, the relationship between aspirin and uric acid in the blood is complex. At low dosages of around 75 mg a day the effect is to reduce the level of uric acid secretion, and so increase the risk of a gout attack; while as higher doses, for instance the normal adult dose of 325 to 700 mg, the effect is to increase the level of uric acid secretion (Caspi, 2000).

Your doctor should be aware of the fact that prescribing low dose aspirin is likely to make your gout significantly worse.

Antibiotics and GoutCare (GC®)

Antibiotics are a huge life saver; however, they are indiscriminate regarding the bacteria they kill. They wipe out all bacteria, even the much needed friendly bacteria, and sometimes our friendly flora never fully recovers. These long-term changes to the beneficial bacteria within people's bodies may even increase our susceptibility to infections and disease (Blaser, 2011).

However a probiotic such as our "Friendly Fighters" that is micro encapsulated to get the probiotics through to the gut, will help to rapidly establish the lost colonies. Once cleansing and healing have been completed and you are on a maintenance program, if you are prescribed an antibiotic, then in order to remain gout free, you are advised to return to the healing diet foods while you are taking it and to continue taking the probiotics daily.

We also recommend extra sour dairy products such as yogurt to further help re-establish the lost flora balance. Slowly introduce your normal balanced maintenance diet accordingly.

Lactose intolerance and GoutCare (GC®)

Sour dairy products are recommended during and after healing as a permanent part of the diet but for some lactose intolerant people this isn't possible.

Generally these play an important role because of the beneficial strains of friendly bacteria they can provide to the digestive system. They are also alkaline in nature and provide a good source of calcium. As they are lower in lactose than regular dairy products, they tend to be less irritating for people who are lactose sensitive. However people who are fully lactose intolerant are unable to consume them and so could lack the right balance of intestinal flora (friendly bacteria). In such cases it is important to take a daily probiotic in order to maintain the immune system and digestive functions that are necessary for handling uric acid.

Dangers of fasting, rapid weight loss and crash diets

The Atkins type diet has become popular, but gout sufferers should avoid it. Not only is the Atkins diet high in purines which cause excess uric acid production, the diet encourages the consumption of stored body fat, thereby releasing more uric acid. This "double dose" of uric acid is really bad news for the gout sufferer, causing a uric acid overload with the potential of triggering very severe gout attacks.

Large amounts of uric acid and iron can be released from stored fat in the absence of sufficient calorie intake. People suffering a gout attack who eat a very low calorie diet (less than 1500/2000 calories per day) can cause their uric acid levels to rise even higher. Rapid weight loss is not an option during or after healing under any circumstances. Weight loss is very important if you are overweight, but only at a slow and steady pace.

The GoutCare (GC®) and the maintenance diet suggested below will help you address weight problems the right way.

Liver and kidney problems

Kidney clearance is a measure of the speed with which the kidneys are able to excrete waste products into the urine. In relation to gout, low kidney clearance means that the kidneys are extracting uric acid at too low a rate. A recent study (Tack, 2010) showed that insufficient hydration (not drinking enough water) can lead to serious increases in uric acid concentration leading to kidney stones, gout, kidney damage and other problems.

The author also pointed out that there is a common misconception that drinking large volumes of fluids helps to eliminate more wastes. While the kidneys are able to cope with moderate over-hydration much better than under hydration, with too much water it is possible to overstrain the kidneys and reduce their long term ability to excrete uric acid. Thus getting the correct balance of water intake is crucial to optimum kidney function.

The liver also has an important role to play. It is responsible for food metabolism, bile secretion, removal of waste from the blood, toxin filtering, blood volume control, and the synthesizing of essential vitamins and nutrients, along with excreting around a third of excess uric acid.

If you have problems with either your kidneys or your liver, then you will be at greater risk of high uric acid levels and gout, so taking care of both of these vital organs is important.

As we have explained, GoutCare (GC®) has beneficial effects for both kidney and liver function, but it isn't able to repair the damage that can be done to them by continuing to lead an unhealthy lifestyle.

For instance alcohol puts huge demands on the liver and over time can cause irreparable damage. Even in moderate amounts it can cause dehydration and the build up of critical uric acid levels in the blood. Not only that, but many alcoholic drinks, including beer, are rich in purines.

Over weight and obesity can affect the heart, blood flow, friendly bacteria levels and nutrient assimilation which can also place excess strain on these organs. As a result, extra uric acid production is common. By adopting a healthy lifestyle and pursuing a GoutCare (GC®) regime you can do much to help your liver and kidneys.

If you are being treated for a liver or kidney condition, then you should talk to your doctor before embarking on a GoutCare (GC®) programme.

Healing foods recommended for the first 5 to 7 days of your GoutCare (GC®) cleansing programme.

Garden fruits and vegetables (fresh or frozen)

Carrots, celery, boiled or steamed cabbage (limit to avoid bloat), courgette (zucchini) and summer squash, baked sweet potato (fresh not canned), corn on the cob, cucumbers, iceberg lettuce, cantaloupe, onions, parsley, tomatoes (no sauce and limited – not a staple food),

Watermelon, sweet peppers, fresh chilli peppers, and potatoes with skin preferably. **avoid the type labeled "white potato" but all other baking potatoes like russets are fine to eat. Red potatoes are higher in sugar but can at least be used in the soup recipe below as the texture holds up better over longer cooking times.

Avoid cauliflower and all dark leafy green vegetables for this time period because of high iron content and purines.

Tree fruits and berries (fresh or frozen)

Apples, avocado, ripe bananas (needed daily for potassium while cleansing), fresh coconut, cherries, gooseberries, dates, fresh figs, kiwi, grapefruit, mango, papaya, seedless grapes, lemon (which can either be added to water to help with the alkalinity of the body or can be put onto the affected joint as a form of pain relief), lime, oranges, pears, pineapples, blueberries, raspberries, and strawberries.

Avoid cranberries, apricots, and all dried fruits because of acidity and purines.

Protein

Raw almonds (nothing cooked in oil) and Walnuts – This is a very important daily purine free protein source during cleansing, but should always be eaten with BROWN RICE. Brown rice helps to absorb the iron content in the nuts. A combination of brown rice, almonds, and sweetcorn provides the same essential proteins and amino acids as a portion of meat would but

Beverages

Drinks should predominantly be non-chlorinated water, however, it is recommended to drink a small glass of unsweetened orange juice with the first pill in the morning. You can also drink a small amount of skimmed milk.

Remember that variety is important as it helps make sure that you are getting a balanced amount of minerals and vitamins. Try to include as large a range of healing foods into your daily diet as possible. Please see recipes for ideas.

Dairy

Sour dairy - Natural Yogurt, with your own fresh fruit added, is very important during the cleansing phase (commercially added fruit selections are more acidic in nature and high in sugar); 2% Cottage Cheese and Sour Cream.

These three sour dairy products, especially natural yogurt, are very alkaline and add essential friendly bacteria to the body, boosting the digestion and the immune system.

Avoid

For reasons we have already described you should avoid alcohol entirely during this period. Even after cleansing you should drink only very moderate amounts of alcohol.

You should also avoid over alkaline and over-acid foods such as vinegar and baking soda. Protein shakes and Whey Powders should be avoided as they are over-acidic and purine rich.

Grains

Brown rice and Fresh or Frozen Corn

Sweeteners and Flavorings

Fresh un-pasteurized bee honey and stevia flavourings: fresh squeezed lemon juice, unsalted real butter small amounts of soy sauce, fresh ground flax seed (great to put in cottage cheese), pure coconut oil (the only oil safe when heated in the body or by cooking) spices/seasoning: garlic, ginger, turmeric, cumin, chicory, coriander, fennel, chilli pepper, cayenne, tamari, celery seed, parsley, cinnamon, and sea salt (NO table salt).

Typical daily diet to provide sufficient calories each day for that first 5-7 days

Breakfast: Low fat Natural Yogurt and some of the fresh fruit listed on the healing diet list or a smoothie (see recipe)

Mid-morning: Bowl of 2% cottage cheese, pure organic linseed oil, with fresh pineapples and/or strawberries

Lunch: The soup and salad recipe with a baked potato loaded with 2% sour cream.

Mid-afternoon Snack: Carrots and Celery with one of the dip recipes, the other half of the smoothie, and/or some more cottage cheese with the fresh homemade salsa recipe

Dinner: Brown rice, almond, and corn combination with a baked sweet potato and sour cream. Casserole, soup, salad recipes, etc...

Snack: A banana, apple, and/or orange

You should ensure that you eat each of these meals and vary the meals as much as possible as sufficient caloric intake is important to the healing process as you need to avoid losing weight.

Alternatives to the diet

If you find that you are unable to follow the diet all is not lost, although healing and cleansing will be much slower and you should reduce the GoutCare (GC®) dosage accordingly.

You are advised to follow the diet as much as you are able and simply include as many healing foods as possible in each meal to balance any acidic intake. If you are not following the initial cleansing diet then you should reduce GoutCare (GC®) to one capsule a day for 4 days, then 2 pills a day for 5 days. If your kidneys are able to keep up with the newly dissolved uric acid then you can try moving up to the normal dose of 3-4 capsules.

Drink plenty of non-chlorinated water daily as indicated previously. Limit or eliminate refined sugar, artificial sweeteners, caffeine, white flour, yeast, processed meats, and anything fried/cooked in oil. Try to balance each meal with at least two of the healing foods. For example if you have a piece of chicken breast add some sweet corn and brown rice or baked potato, sour cream and carrots to balance the meal.

Eat plenty of fresh fruit and vegetables along with sour dairy products, natural yogurt especially.

Reintroducing foods after the first week of cleansing

Following the first seven days of cleansing you can begin to re-introduce more normal foods according to the following regime.

Days 6-8: Add eggs whites (not fried but soft boiled or poached) and low fat dairy such as mild Cheddar cheese. For example, fresh corn tortillas (not crisps) filled with brown rice, egg white, sour cream, sweet corn, tomato and a little cheese or aubergine with fresh tomato and some cheese etc. Introduce the new foods slowly and use as many foods of the healing list as possible to keep the meal balanced.

24-48 hours after the above if you have no problems then try the following SLOWLY and spread apart:

- Whole Eggs
- Fish: (Salmon, cod, haddock, tuna, or sole)
- Skinless chicken breast or young turkey, lean beef
- Dark greens like Broccoli, kale, spinach, and green beans

Initially try a small portion each day at breakfast and lunch time to allow clearance before settling down at night and be sure to include other healing foods in the meal. For example try some eggs with fruit and yogurt for breakfast and a spinach salad with the healing dressing, 4oz of fresh all natural chicken breast, and other healing vegetables for lunch. Wait 24 hours and then try some fish, again with other healing foods.

Remaining gout free

We highly recommend that you continue to take three capsules of GoutCare (GC®) per day, drink the recommended amount of non-chlorinated water, and keep to a balanced diet including some healing alkaline foods daily in order to moderate your acidic intake.

High uric acid producing foods and medicines

The following foods and common medicines can be responsible for excessive uric acid production. Even though some do not contain purines, they can still cause the system to naturally produce uric acid. However these foods can still be enjoyed in moderation, but only as part of a well balanced meal including some healing foods. Acidic/alkaline balanced meals are vital for health in general, not just for keeping gout at bay.

Foods: alcohol, anchovies, asparagus, cauliflower, mushrooms, consommé, herring, meat gravies, broth, bouillon, mussels, sardines, red meats, organ meats, processed meats (hot dogs, lunch meats, etc.), fried foods, roasted nuts, any food cooked in oil except for coconut oil (heated oil destroys vitamin E), rich foods (cakes, sugar products, white flour products), dark greens vegetables, dried fruits, fish, caffeine, beans, lentils, eggs, oatmeal, peas, poultry, yeast products.

Medicines: paracetamol, low doses of aspirin.

Keep a strict limit on yeast products, white flour, sugar, artificial sweeteners, caffeine, alcohol, and fried foods in general. Try to choose whole grain or egg based pastas as opposed to the bleached white flour type. Also, frying in saturated oils such as coconut oil is advised. Try to stay away from processed meats such as sausages and corned beef. Sour dairy and low fat dairy products are good as are raw fresh fruits and vegetables.

Acid alkali balance

Today's modern diet is 70% acidic and 30% alkaline though it should be the opposite, ideally 30% acidic to 70% alkaline, so you should aim for this ratio as an acidic diet raises many health concerns from skin rashes to chronic and potentially fatal diseases. Try to balance all of your meals with some of the healing foods from the list in order to moderate your acidic intake.

A comprehensive table of the acid/alkaline levels of many foodstuffs is given in the appendix.

Falling off the wagon

If occasionally you find that you have over-indulged and have consumed a large amount of acidic foods with very few healing foods then don't worry too much. Just ensure that you make up for it and take it easy the following day. Simply take one extra pill that evening with an extra half litre or so of water and repeat the next day while sticking to mostly healing foods. This will allow your body time to recover and to flush out the extra uric acid while avoiding uric acid storage. Just try to refrain from falling off the wagon too often.

Additional helpful food hints to benefit your health

1. Microwaves and other high temperature direct heat cooking methods (grilling, broiling) can destroy vital nutrients and turn otherwise alkaline foods acidic, so whenever possible try to use indirect heat from steaming, poaching, boiling/simmering, crock pot cooking, low heat convection, and/or Rotisserie use.
2. It may be worthwhile investing in water filtration. Please make sure that you follow the recommended guidelines for changing the filters to optimize its efficiency.
3. If you must keep salt in your diet, then sea salt is preferable to refined table salt. However always minimise your salt intake.
4. Refined white sugar, and even worse corn oil syrup, is another addictive food additive and chemical compound to be wary of. Limit its use and be aware of the many products that contain large amounts of it. Replace your sweet craving with fresh Bee honey, Stevia, and/or real maple syrup.
5. Try to ensure that all fruit intake is fully ripened, as it is much more acidic when un-ripe.
6. Avoid foods labelled as "Diet" foods. Their ingredients are often unhealthy, for instance aspartame sweeteners as sugar replacements have been associated with psychological and behavioural problems, and sugar is frequently used as a fat replacement in many "fat free" foods.
7. Certified organic foods are recommended. They can be quite expensive in the grocery and whole food stores but consider local farms that produce organic meats, milk, eggs, cheeses, butters, and fruits and vegetables

SOME WISE FOOD QUOTES

"Incorrect eating is not the cause of all diseases but correct eating will cure many and relieve all."

"For better or for worse, food is the most powerful drug you will ever take"

"Eat to live, do not live to eat!"

"Some foods are like fire and powder; harmless separated, but dangerous together."

"Change your diet gradually and change your mind at the same time."

Recipes for the Cleansing and Healing Diet

Breakfast ideas:

PLAIN yogurt with fresh fruit (pineapples, berries, banana, pear)

Smoothie Recipe: Take 8oz of plain yogurt and blend with one large ripe banana (frozen would be fine), ½ cup of Unsweetened orange juice or one large orange, half a can of crushed pineapples in its own juice, a few handfuls of fresh or preferably frozen mixed berries, frozen dark sweet cherries, and two tablespoons of fresh bee honey.

Enjoy half in the morning and freeze the rest for an icy treat later

If your system is used to drinking something hot with your meals, you can have warmed pure water with a slice of fresh lemon or lime to comfort your system

Cottage cheese mixed with fresh fruit – fresh strawberries, cherries, pineapple, kiwi, mango, your choice from the healing list.

Lunch or Dinner ideas:

1. **An iceberg lettuce** (no dark green lettuce while cleansing): The iceberg is of little nutrient value but is a tasty way of combining other important healing foods. Add carrots, avocado, celery, grapes, parsley, cucumber, onions, and tomatoes. (Avoid regular dressing – please see the recipes to follow for dressings and dips)
2. **Baked potato with sour cream**: The potatoes to avoid are "white potatoes". The brown and red skinned potatoes are fine. Add sour cream, parsley and a small pinch of sea or crystal rock salt for extra flavouring.
3. **Baked sweet potato**: Add a tiny bit of cinnamon and unsalted butter for flavouring. * NO margarine or butter substitutes.*
4. **Cabbage or squash**: Steamed with onions it makes a nice side dish.
5. **Brown rice**: Boil in the microwave with celery, garlic, and/or onions for flavour. Add fresh chestnuts and almonds on the side. Raw almonds and chestnuts rice should be accompanied with brown rice to absorb the iron content in the nuts.
6. **Sweetcorn**: is very helpful while healing. Frozen, fresh, or corn on the cob are all acceptable; you can boil it or steam it for a nice protein rich meal. Watch your butter/salt intake as too much can cause water retention. You need the water to flush the uric acid from your body so retaining too much is counterproductive.
7. **Brown rice**, carrots, celery, garlic and/or onions, chopped raw almonds, and a small fresh tomato steamed together makes a lovely meal addition. Season the mix with some parsley, garlic and onion powder to taste.
8. **Vegetable soup recipe that can be eaten for dinner and/or lunch:**
   This will help cleanse the system, add plenty of vitamin A, and neutralize the metabolism. However, do not use any bouillon, it is full of purines.
   In a large pot mix water, carrots, onion, fresh garlic, lots of corn, potatoes (skin on and red potatoes work best for texture on long cooking methods), celery, Chinese/Celery cabbage, Bok Choy stalks, and some diced tomatoes for flavour. The carrots and celery take the longest to cook so start them first and end with the tomatoes.
9. **Vegetable casserole:**
   1 cup of brown rice, ¾ cup of sour cream, two shakes of soy sauce, 1 cup of corn, 2 stalks of Bok Choy, 1 cup of celery cabbage, 1 large carrot, and four cloves of fresh garlic. Pre-cook the rice and then mix ingredients together. Bake at 180 C for 30 minutes or until desired temp and texture is achieved.
10. **Squash Spaghetti:**
    The spaghetti squash is an oblong seed-bearing variety of winter squash
    i. Halve the spaghetti squash lengthwise, scoop out the seeds.
    ii. Place half squash cut side down in a pot with 2" (5 cm) water, cover and simmer for 20 minutes on top of the hob.
    iii. The squash now is half cooked. With a fork, scrape out squash to produce spaghetti-like strands. A thin, hard shell will be left.
    iv. In a large bowl mix the strands of spaghetti squash with a small can of fresh diced tomatoes, onions, and garlic. Mix well and spoon back into squash shell or a casserole dish.
    v. Bake at 175 C for 20 minutes or until done.
11. **Cabbage Rolls:**
    i. Trim rib of each cabbage leaf thinly.
    ii. Mix 1/3 cup of uncooked brown rice with a can of tomatoes with the juice and any others you would like (potato, carrots, celery, onion, sea salt, garlic).
    iii. Lay the cabbage leaves on the bottom of a dish and place the rice mixture on top.
    iv. Cook uncovered at 350° for about 20 minutes and then covered for about an hour or until rice is tender.
    v. Enjoy with a sour cream topping.

Snacks, Sides, and Dip ideas:

In between meals it is great to enjoy some more fresh fruit, yogurt, cottage cheese, and fresh vegetables. This helps to keep the calories up and provides more alkaline healing help. At least one meal/snack per day should be some fresh fruit and raw vegetables.

- **Sliced Carrots**, Avocados, Celery and Cucumber with one of the dip recipes below.
- **Mixed vegetables and fruit** e.g. Avocados with either orange or grapefruit together with apple and carrot. Just place on a bed of Iceberg Lettuce and use one of the dressings below.

1. Pepper puree: Take two large or four small red peppers and place into a dry frying pan with no oil and cook on all sides until skin is blackened. When the skin is charred it can be easily peeled off. Cut, de-seed and puree the pepper and add up to 450 grams of sour cream. You can spice it with some Cayenne and/or Chilli pepper.
2. Take one cup of natural yogurt and mix with 2 cloves of minced garlic, ½ tsp of Sea Salt, ½ tsp of cumin seeds, ½ tsp of ground ginger, and the zest of one lemon.
3. Sour cream and freshly squeezed lemon juice with some spices from the healing lists mixed with some cucumber and spices of choice from selections above can make for a great and simple dressing/dip. Cucumbers prepared with sour cream and fresh lemon are really great for example.
4. Homemade salsa: great mixed with cottage cheese – Combine some tomatoes, chopped green and red peppers, cucumber, red onion, coriander, mild chilli pepper and a crushed clove of garlic together with a pinch of sea salt, lime juice and the juice from the tomatoes.
5. Half a ripe avocado, 1 to 1½ frozen bananas, 4 to 5 frozen or fresh strawberries, ¼ cup of natural yogurt, 2 tbsp of real, non pasteurized honey, pinch of cardamom, pinch of allspice plus whatever else strikes your fancy (almonds, fruits, spices, etc.) Place all the ingredients into a blender and blend until desired texture is reach.
6. Quick side salad: Take 2 cups cooked brown rice, 2 apples (peeled, cored, and chopped), ¾ cup chopped raw almonds, ¼ cup raisins, ¼ cup cherries, ¼ cup dates , 1 cup natural yogurt, ¾ cup of natural honey, 2 Tbsp lemon juice. Toss all ingredients in a bowl and serve.
7. Shredded cabbage with slaw dressing: ½ cup sour cream, and ½ cup natural yogurt, then add 2 TBSP fresh lemon juice, a little sea salt, and 1 tsp celery seed.
8. Yogurt Dressing: 2 teaspoons lemon juice, 1 tablespoon olive oil, ½ cup low fat natural yogurt, ½ teaspoon paprika, dash Tabasco, ½ teaspoon sea salt, and 1/8 teaspoon garlic powder. Blend together all of the ingredients.
9. Blue Cheese Dressing: 110 grams crumbled blue cheese, ½ cup sour cream, ½ cup plain yogurt, 1 teaspoon lemon juice, 1 tablespoon minced onion, and ½ teaspoon sea- salt. Combine all ingredients and stir thoroughly. Cover and chill 6 to 8 hours to blend flavours.

A word of warning regarding fish oils: Fish oils can be aggravating for arthritic conditions. We recommend Flaxseed or Pure Neptune Krill oil supplement as good omega sources.

High uric acid level following cleansing and healing

Sometimes uric acid levels can remain high following cleansing and healing. This can be for a number of reasons: the liver is still being cleansed of stored purines in cell fats within the liver; the body's connective tissue still has uric acid deposits; weight loss is a very common factor; reduced renal function; and other reasons that cause the cellular breakdown within your body to be higher than normal.

Since the liver stores purines and does not regenerate quickly, uric acid levels may take a while to drop to 8.0 mg/dl or below. However any steady reduction in uric acid is a good sign things are progressing and the liver is getting healthier.

Prior to your first gout attack you may have been producing more uric acid than you could expel for many years, storing the excess uric acid all over your body. As a result it will take a long time for the blood uric acid level to return to more normal levels

For some people, especially those with reduced kidney clearance or higher than normal body fat deposits, this will take many months and any drop at all, each month, is a step in the right direction. Things that will speed up this process are: using the healing foods to make up at least 50% of your diet; removing chlorine from your life; increasing live bacteria ingestion; drinking plenty of water (bottled or filtered preferably); staying away from all foods cooked in any kind of oil; and staying away from processed meats.

Higher levels of uric acid without gout attacks can be normal for some people. Remember that around 20 percent of the population has high uric acid and only 4 percent suffer from gout.

Finally

This guide has been prepared carefully for your guidance. We hope that you have learned more about gout than you knew before and that your understanding will help you overcome your gout related problems.

We do not claim that taking GoutCare (GC®) alone will cure your gout. However it is a powerful herbal blend that will assist in the many ways that we have described in this guide. It is strongly recommended that you follow our GoutCare (GC®) healing and maintenance programmes and that you remain g(GC®) healing and maintenance programmes and that you remain gout free; or that at least that you reduce significantly its

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Very Alkali
Lemons
Waterm
Agar Aga
Melons
Cayenne
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Dried Fig
Kelp & Seaweed
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Passion
Pears
Pineappl
Raisins
Umebosh Plum

IMPORTANT NOTE

It is important to point out that we are not giving you medical advice. You should always seek a Healthcare professional's advice regarding gout and uric acid levels. Information and statements regarding our dietary supplement GoutCare (GC®) have not been evaluated by any statutory or professional body and the information provided here is not intended to be used to diagnose, treat, cure or prevent any disease. If you have a medical condition, or are taking a prescribed medication please consult with your Doctor.

GoutCare (GC®) and other products are provided to promote joint health and general wellbeing as part of a healthy and active lifestyle. All the information in this guide is intended for your information only. It is not intended to be a substitute for medical advice given by your doctor or other medical professional.

GoutCare (GC®) is not a treatment for gout. Dietary food supplements should be taken in conjunction with, and not as a substitute for a healthy lifestyle and balanced diet.