



Article published on April 11th 2012 | [Health](#)

You can enjoy your life only when you are healthy. Without a good health you can not do any of your work with a proper attention. And if you are suffering from any problems so you must take it seriously because if you do not pay attention then these tiny problems may turn into the huge one. Not only when you are having a problem, you can take some kind of supplements and diets to remain healthy and prevent diseases. There are many things available in the market for your benefit in the form of supplements. Sport supplements for sports men, supplements for kids, supplements for aged people, for those having some problems or illness, for those who want to maintain their health etc. markets are full of these types of the supplements. Sport supplements contain the components like different herbs, vitamins, proteins, amino acid, minerals etc. Sport supplements are especially manufactured for the sports men so they can maintain and enhance their performance. Never take any supplement without a proper guidance. Because if you want to take it randomly because some one you know is taking for a particular problem and you having the same problem you should never ever go for that without any expert's advice because the properties and cause of his problem might differ from yours.

Always ask or try to get the information about the supplements you are interested in taking. Some of the sources from where you can get the good quality information are website on the internet. <http://www.hellenia.co.uk/> is one of the website that can provide you information about the supplements. By visiting this link you can know about the new supplements available in the market which are the safer as well. You can call on the given numbers and also order online if you want any of the supplements mentioned in the website. They also facilitate you by offering the home delivery services.

Some of the new and safer supplements available in the market are krill oil, glucosamine sulphate, celadrin, and serrapeptase. Krill oil is a supplement that is found in the krill fish a tiny approximately 1-6 centimeter long creature found in the sea. Krill oil can be said that is a replacement of fish oil. Omega3 fatty acid can be obtained from krill oil which is useful for heart. It is anti inflammatory, lowers the cholesterol levels, and reduces the blood pressure, well for arthritis and premenstrual syndrome.

Glucosamine sulphate is a supplement that is beneficial for arthritis. Glucosamine is a fluid that is naturally found in the human body in the region of the joints. Glucosamine sulphate can be obtained from the shells of the shellfish. Serrapeptase is obtained from the silkworm's digestive enzyme. Serrapeptase is helpful in the conditions like arthritis, osteoporosis, diabetes, mucous, Cough, pain and ear, throat, nose or eye problems. Serrapeptase is also a new supplement in the markets. Celadrin is a supplement that is given in chronic pain. Celadrin is anti inflammatory that is useful for arthritis and other joint pains. Currently no side effects are associated with the celadrin.

Article Source:

<http://www.articleside.com/health-articles/why-to-suffer-when-you-have-alternatives.htm> - [Article Side](#)

[Meghnath Kumar](#) - About Author:

a [Krill oil](#) is a supplement that is found in the krill fish a tiny approximately 1-6 centimeter long

creature found in the sea. Some of the new and safer supplements available in the market are krill oil, glucosamine sulphate, a [celadrin](#), and serrapeptase.

Article Keywords:

serrapeptase, supplements, krill oil, glucosamine sulphate, celadrin, sports supplements, glucosamine

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!