

Every sport



**Whether it's footballer's ankle,
tennis elbow, boxer's knuckle,
jumper's knee, golfer's wrist,
or simply a
sprain
or strain...**



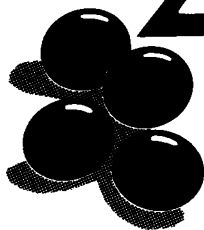
there's a clear need for

BRUFEN

Ibuprofen B.P.

400

(MAXIMUM DAILY DOSAGE 2400 mg)



BRUFEN 400

Ibuprofen B.P.

Pain relieving power that puts people back in the game.

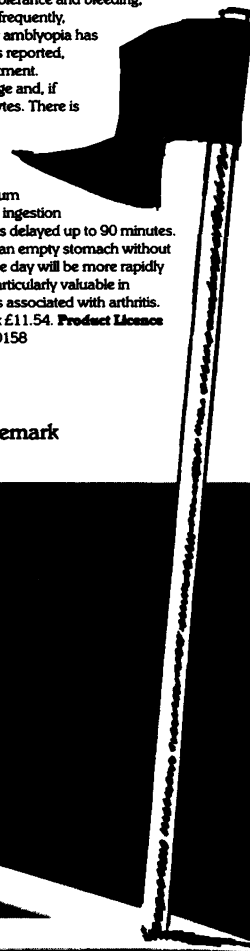
Prescribing Information: **Presentation** Brufen is available as Brufen 400, sugar-coated tablets each containing 400mg of Ibuprofen B.P. The tablets are light-magenta in colour and bear the overprint 'Brufen 400' in black. **Uses** Brufen is indicated for its analgesic and anti-inflammatory effect in the treatment of rheumatoid arthritis (including juvenile rheumatoid arthritis or Still's disease) ankylosing spondylitis, osteoarthritis and other non-rheumatoid (seronegative) arthropathies. In the treatment of non-articular rheumatic conditions, Brufen is indicated in periarticular conditions such as frozen shoulder (capsulitis), bursitis, tendinitis, tenosynovitis and low-back pain; Brufen can also be used in soft-tissue injuries such as sprains and strains. Brufen is also indicated for its analgesic effect in the relief of mild to moderate pain such as dysmenorrhoea, dental and post-operative pain. **Dosage and Administration Adult:** The recommended dosage of Brufen is 1200mg daily in divided doses. Some patients can be maintained on 800 to 1200mg daily. In severe conditions it can be advantageous to increase the dosage to 1600mg daily in divided doses until the acute phase is brought under control. For the relief of mild to moderate pain the following dosages are recommended: Dysmenorrhoea: 1200mg per day in three divided doses. Analgesia: 1200 to 1600mg daily given in divided doses. In cases of dental or post-operative pain an initial dose of 800mg may be given. The total daily dose of Brufen should not exceed 2400mg. **Children:** The dosage of Brufen is 20mg per kg of body-weight daily except that in children weighing less than 30kg the total dose given in 24 hours should not exceed 500mg. **Contra-indications, Warnings, etc.** Brufen should not be given to patients with severe or active peptic

ulceration. Whilst no teratogenic effects have been demonstrated in animal experiments, the use of Brufen during pregnancy should, if possible, be avoided. Brufen should be prescribed with caution for those with asthma and especially for patients who have developed bronchospasm with other nonsteroidal agents. Adverse effects reported include dyspepsia, gastro-intestinal intolerance and bleeding, and skin rashes of various types. Less frequently, thrombocytopenia has occurred. Toxic amblyopia has occurred very rarely but, in those cases reported, recovery occurred on cessation of treatment. **Treatment of Overdosage:** Gastric lavage and, if necessary, correction of blood electrolytes. There is no specific antidote to Brufen. **Legal Category POM. Package Quantities** Brufen 400 (400mg tablets): Tin of 100, tin of 250. **Further Information** Taken on an empty stomach, peak serum levels of Brufen occur 45 minutes after ingestion whereas, taken after a meal, the peak is delayed up to 90 minutes. Since most people can take Brufen on an empty stomach without gastric discomfort, the initial dose of the day will be more rapidly effective if taken before food. This is particularly valuable in providing relief of the morning stiffness associated with arthritis. **Basic NHS Price** Brufen 400: 250 Pack £11.54. **Product Licence Number** Brufen 400 Tablets: PL0014/0158

Further information is available on request

 The Boots Company Ltd, Nottingham

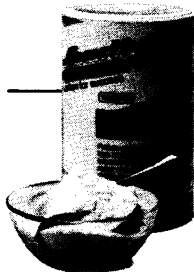
Brufen is a registered trademark



When sport is more than just a game.

...you need fast solutions to the problems that can slow you down: no time to eat, appetite loss through tension or exhaustion, poor recovery, muscle soreness or cramps, high protein needs for muscle build up or repair, heavy sweat losses and many others. What you eat and when you eat will affect your performance. That's where we come in.

Sportive Perform has been developed with the aid of coaches and physiologists to help overcome these problems. It's the only range of foods tailored to the demands of training, pre-competition, competition and recovery.



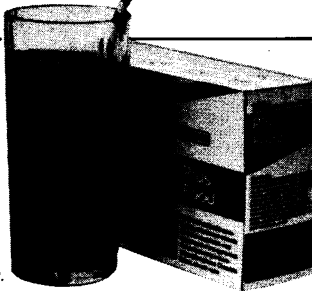
Protein Power

High biological value protein with essential vitamins and minerals. It is important for build up and repair of muscle tissue particularly during

the training/build up phase.

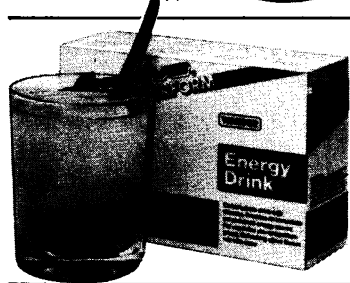
Plus Food

A delicious protein rich chocolate drink with carbohydrate vitamins and minerals. It makes sure you get the extra requirements demanded by your training and competition workloads. Used pre-competition it is easily digested and overcomes lack of appetite.



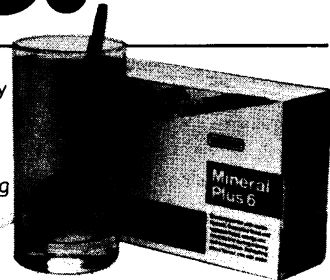
Energy Drink

A tangy citrus flavour drink delivering readily digested carbohydrate and vitamins for immediate and sustained energy, without the side effects sometimes associated with pure glucose.



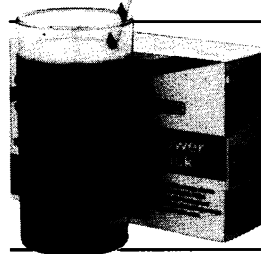
Mineral Plus 6

Replaces fluid, energy and electrolytes lost in sweating where even small losses can have a serious effect on performance. Taken during training and competition it helps reduce risk of muscle weaknesses or cramps.



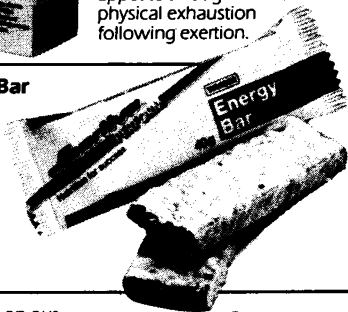
Power Back

Speeds recovery after activity by replacing all nutrients depleted in competition. The delicious orange flavour of Power Back helps overcome loss of appetite through mental or physical exhaustion following exertion.



Energy Bar

A handy source of energy throughout all phases of preparation. It is not too sweet, sticky or heavy.



For further information on our products or local stockist, please telephone 09277 67310.

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Nutrition for success

WANDER

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B. A. S. M.

TIES ○ BADGES ○ SPORTS SHIRTS



As stock of these items, originally bought in 1979, has run out, we have had to re-order but at considerably more than 1979 prices.

We are therefore compelled to increase our charges

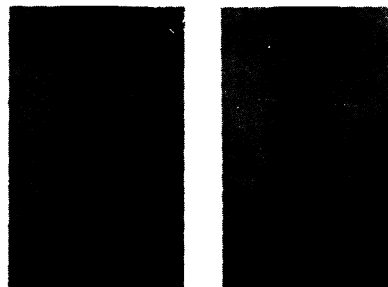
TEE SHIRTS

SMALL (i.e. child)
MEDIUM (small woman)

LARGE
EXTRA LARGE

£4.60 + 60p p. & p.

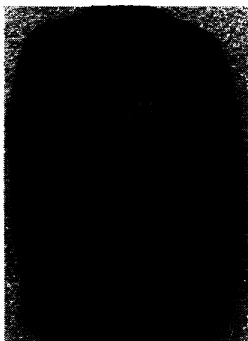
NAVY BLUE BACKGROUND ON ALL DESIGNS



TIES

3½" WIDTH
MULTI-MOTIF
SINGLE MOTIF

£4.50 + 50p p. & p.



SHIRTS – SIZES AS FOR TEE SHIRTS
WITHOUT HOOD – AS ILLUSTRATED

£8.50 + £1 p. & p.

WITH HOOD

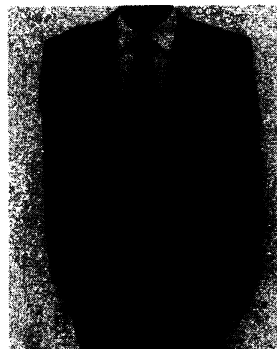
£9.50 + £1 p. & p.



BLAZER BADGES
WIRE EMBROIDERED
LARGE 4" HIGH
AS ILLUSTRATED

SMALL 3" HIGH

£5 + 40p p. & p.



All items from Mr. D. A. Chapman, MCSP, Halfmoon Place, Burwash Road, Heathfield, East Sussex
Tel: 043-52-4607

Cheque with order preferred made out to B.A.S.M.

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MUCOPOLYSACCHARIDE POLYSULPHURIC ACID ESTER,
ADRENOCORTICAL EXTRACT & SALICYLIC ACID

Tubes of 50g

*for immediate treatment
and massage of soft tissue
injuries, sprains and strains*

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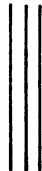
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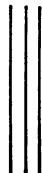
**Incorporating
Wells & Blackwell (Printing Division)**



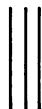
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