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[Certo and grape juice \(the purple pectin remedy\) can lower cholesterol, make arteries more flexible and ease arthritis pain](#). One of the oldest home remedies in the People's Pharmacy pharmacopeia is a combination of Certo and grape juice for arthritis.

[How to Mix Certo and Grape Juice for Arthritis | The People's Pharmacy](#)

peoplespharmacy : articles : [how-to-mix-certo-and-grape-juice-...](#)

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Certo gives the jam cook the confidence of a consistent set, something that kitchen cooks have struggled with over decades and the solution is to use Certo. Using Certo cooks have found they achieve more a more flavoursome jam as the boiling time is reduced without affecting the set.

[Traditional Jams - Certo](#)

[certo.co.uk : traditional-jams](#)

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