

Flex Formula™

COMPREHENSIVE JOINT AND CARTILAGE SUPPORT

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Positioning Statement

Flex Formula™ ingredients have been clinically proven to reduce inflammation, relieve pain, increase mobility, and provide cartilage nutrition for those suffering from osteoarthritis or joint discomfort.

Concept

Your body's joints enable you to enjoy movement, with the primary function of holding the skeletal structure of your body together. Simply stated, the joints act as the glue that helps hold the skeletal system together and permits movement. The cartilage found in joints acts as a cushion between the bones. Maintaining normal, healthy joints should be a lifelong goal achieved by adopting a healthy lifestyle. Elements of healthy living that help maintain healthy joints include sustaining a healthy body weight, regular and appropriate exercise, and maintaining a nutritious and healthy diet.

Flex Formula™ is formulated to provide clinically and nutritionally significant amounts of the nutrients essential to normal bones and cartilage maintenance, strength, and function. Unlike most cartilage supplements, Flex Formula™ contains a significantly greater amount of glucosamine than the required 1,500 mg as dictated by human clinical studies.

Primary Benefits

- Temporarily relieves the pain of arthritis or osteoarthritis *
- Reduces inflammation
- Reduces joint swelling
- Increases mobility
- Rebuilds cartilage
- Increases joint functional capacity
- Contains Phylox™ – a patented plant extract with anti-inflammatory properties
- A natural alternative to non-steroid anti-inflammatory drugs (NSAIDs)
- Feel the difference in hours

What Makes This Product Unique?

- Flex Formula™ contains Phylox™, a patented and unique plant extract from two botanicals, Scutellaria Baicalensis and Acacia Catechu. Phylox™ has been shown in clinical studies to reduce immobility and discomfort associated with joint inflammation and cartilage degradation. Phylox™ contains herbal COX-2 inhibitors which promote normal joint health and mobility. Phylox™ inhibits enzymes that convert arachidonic acid to pro-inflammatory prostaglandins and leukotrienes, and does so without the side effects commonly experienced with over-the-counter and prescription non-steroid anti-inflammatory drugs (NSAIDs)
- Pharmanex has obtained exclusive distribution rights to Phylox™ for the network marketing channel
- Flex Formula™ provides a significant dosage of glucosamine (2,250 mg/day at recommended daily dose), above the level found to be effective in clinical studies (1,500 mg/day)
- Flex Formula™ provides a blend of antioxidants to counteract the negative effects of free radicals on the inflammatory process

Who Should Use This Product?

Flex Formula™ is formulated for adults who suffer from joint discomfort; who want comprehensive joint and cartilage support; and who want to promote normal joint mobility.

Did You Know?

- Joint discomfort is the leading cause of work absenteeism
- Almost 5 million Australians (26% of the total population) self-reported one or more musculoskeletal diseases or conditions (ABS 1997)
- More than 50% of people over the age of 60 feel pain in their joints
- Recent meta-analyses on glucosamine have shown significant joint health benefits

Flex Formula™

Frequently Asked Questions

What is the role of Phylox™ in Flex Formula™?

Phylox™ inhibits the cyclooxygenase (COX) and 5-lipoxygenase (5-LO) enzymes. These enzymes are responsible for converting arachidonic acid into pro-inflammatory prostaglandins and leukotrienes, respectively. By inhibiting these enzymes, Phylox™ is able to promote normal joint health and mobility, as well as reduce the pain and stiffness associated with inflammation-related conditions

Are there any studies to substantiate Phylox™ in Flex Formula™?

The blend of extracts in Phylox™ was shown in in-house studies to effectively inhibit COX enzyme activity. Phylox™ was also shown to be at least as effective and in some cases up to 9 times as effective as the top-selling over the counter and prescription anti-inflammatory drugs in inhibiting COX enzyme activity. Phylox™ did not have any of the side effects that these drugs typically have. Phylox™ was effective in reducing pain and inflammation in individuals with various joint conditions. A double-blind, randomised study showed that individuals with osteoarthritis or rheumatoid arthritis in the knees and hips experienced significant pain relief and increased mobility when taking Phylox™. These effects were experienced faster and for a longer duration than the top-selling over the counter and prescription anti-inflammatory drugs.

What is the source of glucosamine in Flex Formula™?

The source of glucosamine is chitin, which is obtained from shellfish exoskeletons. The predominant commercial source of glucosamine is from shellfish, but chitin is also naturally found in insect exoskeletons and some mushrooms. Some vendors do sell chemically-produced glucosamine (made synthetically in a laboratory, like some vitamins), but it is not as effective as the shellfish source.

Is this product safe?

Flex Formula™ is safe at the recommended dosage. There are no known side effects at the recommended dosage. Women who are pregnant or lactating and individuals who have known medical conditions or are taking prescription drugs should consult a doctor prior to using this product.

Which products should be recommended for use with Flex Formula™?

- FlexCrème™ – Flex Formula™ and FlexCrème™ are companion products for healthy joints: Flex Formula™ provides the long-term support from the inside, and FlexCrème™ provides immediate, temporary pain relief from the outside
- OverDrive® – people who do athletic training may experience joint or cartilage discomfort or damage. Therefore Flex Formula™ and FlexCrème™ may also be beneficial for people who are currently taking OverDrive®
- Optimum Omega™ – Optimum Omega™ contains omega fatty acids which support Flex Formula™'s effectiveness

- LifePak® – people who take Flex Formula™ can also take LifePak® as the foundation of micronutrients and bone support

Key Scientific Studies

1. Reginster JY, et al. Long-term effects of glucosamine sulphate on osteoarthritis progression: a randomised, placebo-controlled clinical trial. *Lancet*, 2001;357:251–256.
2. McAlindon TE, et al. Glucosamine and chondroitin for treatment of osteoarthritis: a systematic quality assessment and meta-analysis. *JAMA*, 2000;283(11):1469–75.
3. McAlindon TE, et al. Glucosamine and chondroitin for treatment of osteoarthritis. *JAMA*, 2000 Sep 13;284(10):1241.
4. Florent Richy, MSc et al. Structural and symptomatic efficacy of glucosamine and chondroitin in knee osteoarthritis. A comprehensive meta-analysis. *Arch Intern Med*, 2003;163:1514–1522.
5. Glucosamine sulfate compared to ibuprofen in osteoarthritis of the knee. Muller-Fassbender H, Bach GL, Haase W, Rovati LC, Setnikar I. *Osteoarthritis and Cartilage*, 1994; 2:61–69.

Other Ingredients: Calcium Hydrogen Phosphate, Microcrystalline

Supplement Facts

Amount Per Tablet	
Ascorbic Acid	13.636 mg
d-Alpha tocopheryl acetate (equiv. to 1.927 IU Vitamin E)	1.417 mg
d-Alpha tocopheryl (equiv. to 0.476 IU Vitamin E)	320 mcg
Zinc amino acid chelate (equiv. to 1..25 mg Zinc)	6.25 mg
Scutellaria baicalensis root extract (equiv. to 400 mg dry root)	50 mg
Acacia catechu stem heartwood extract (equiv. to 125 mg dry heartwood)	12.5 mg
Glucosamine Sulfate	375 mg
Quercetin	6.25 mg
Rutin	6.25 mg

Cellulose, Calcium Carbonate, Croscarmellose sodium, Magnesium Stearate, Silicon Dioxide, Hydroxypropylcellulose, Hypromellose, Stearic Acid.

Directions for Use

As a dietary supplement, take two (2) to three (3) tablets with 250 mL of liquid with your morning and evening meals.

Packaging

120 tablets (20-30 day supply)

Warnings

Keep out of reach of children. If you are pregnant or lactating, or taking a prescription medication, consult a doctor prior to use.

* If symptoms persist consult your healthcare practitioner. Vitamin supplements should not replace a balanced diet. This product contains ingredients derived from seafood.

