

Flex Formula™

MAINTAINS COMFORTABLE JOINT MOBILITY
DIETARY SUPPLEMENT AUST: L 177848



POSITIONING STATEMENT

Proper function of our joints is very important to a productive and happy life. Pharmanex® Flex Formula maintains healthy joints to keep up with your lifestyle demands; formulated with a new and innovative vegetable-sourced glucosamine to provide structural support to joint cartilage. This proprietary product also contains an advanced blend including antioxidant vitamins C and E, trace minerals, and bioflavonoids for comprehensive nutritional support for joints.

CONCEPT

Your joints enable you to enjoy movement, with the primary function of holding the skeletal structure of your body together. Simply stated, the joint relies on cartilage to act as a cushion between the adjoining 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, participating in 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 cartilage maintenance, strength, and function. Flex Formula contains a significant amount of glucosamine HCl (1,500 mg) as dictated by human clinical studies.

PRIMARY BENEFITS

- Supplies glucosamine, a building block for the protective cartilage in our joints
- Contains antioxidant vitamins C and E, and quercetin for added joint and cartilage support.

WHAT MAKES THIS PRODUCT UNIQUE?

- Provides nutritionally effect levels of vitamin C (200mg) with 93% curcumin
- Contains a quality, standardised extract of Boswellia serrata
- Contains the antioxidant flavonoids quercetin (25mg) and rutin (24mg per serving) for additional nutritional support
- Provides a nutritionally significant amount of the trace mineral zinc (1.5 mg per serving)

WHO SHOULD USE THIS PRODUCT?

Flex Formula is formulated for adults who want additional nutritional support for cartilage to promote normal cartilage health.

DID YOU KNOW?

- Joint discomfort is the leading cause of work absenteeism.
- 45 million workdays are lost each year in the U.S. due to joint pain.
- 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 are the benefits of bioflavonoids in Flex Formula?

Bioflavonoids quercetin and rutin are included among several antioxidants in Flex Formula. Research demonstrates people with poor joint mobility often have an increased level of free radicals.

These bioflavonoids were chosen because they have been shown to be involved in connective tissue protection and to help regenerate the antioxidant properties of vitamin E and C. *Boswellia serrate*, also known as Indian frankincense, contains the active dietary component, boswellic acid. Research indicates that boswellic acids help maintain comfortable mobility.

What is the source of glucosamine in Flex Formula?

The glucosamine in the Pharmanex® Flex Formula is manufactured through a unique fermentation derived from a vegetable source. This highly efficacious and novel glucosamine has the same ingredient profile and benefits as the shellfish derived glucosamine, yet can be consumed by vegetarians and people with shellfish allergies.

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.

Supplement Facts

Serving Size 3 Capsules	Servings per container 60
Amount Per Capsule	%RDI
Ascorbic Acid Vitamin C (as Calcium Ascorbate, ... 33.33mg .. 74%**	
Ascorbic Acid)	
Vitamin E as	103%
d-alpha tocopheryl (as mixed tocopherols).....	4.03mg
d-alpha tocopheryl Acid Succinate.....	9.02mg
Zinc (as Zinc Amino Acid Chelate).....	2.5mg ... 18%
Copper (as Copper Gluconate).....	250mcg ... 15%(AI)
Glucosamine (as Glucosamine hydrochloride).....	208mg ... *
Quercetin.....	8.33mg ... *
Rutin.....	7.94mg ... *
Extracts equivalent to:	
Boswellia serrate (Frankincense) gum.....	375mg..... *
Curcuma longa (Turmeric) dry root & rhizome.....	1.87g..... *
**Requirements are higher during pregnancy & lactation.	
*Daily Values not established	

OTHER INGREDIENTS: Hypromellose, Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.

DIRECTIONS FOR USE

Take two (2) to three (3) capsules twice daily with 250 mL of liquid with your meals.

WARNINGS

Keep out of reach of children. Vitamin supplements should not replace a balanced diet. If you are pregnant or lactating, taking a prescription medication, or have a known medical condition, consult a physician prior to use. If symptoms persist consult your healthcare practitioner.

