

FAQ

Q: What are the benefits of Flex™?

- A:
- Helps lubricate active joints*
 - Nourishes and strengthens connective tissue*
 - Helps reduce exercise-associated joint inflammation*

Q: How do you recommend using Flex?

A: We recommend you take a full serving of Flex once daily.

Q: What makes Flex different from other joint support supplements?

A: While most joint health supplements contain only one ingredient, Flex includes glucosamine, plus hyaluronic acid and Boswellia Serrata to promote healthy joints.*

Q: What are the key ingredients in Flex?

A: The key ingredients in Flex are Glucosamine, Boswellia Serrata extract, and hyaluronic acid.

Q: Should I eat food before taking Flex?

A: You do not have to eat food before taking Flex. It can be taken on an empty stomach.

Q: Should this product be taken after exercise?

A: Active individuals may wish to take Flex post-exercise to support joint health and reduced inflammation associated with exercise.*

Q: Where is Flex made?

A: Flex is made in the United States in a GMP(Good Manufacturing Practices)-compliant facility.

Q: Does Flex contain fish or shellfish?

A: Yes, Flex contains shellfish.

Q: Does Flex contain soy?

A: No, Flex is soy-free.

Q: Does Flex contain nuts?

A: No, Flex is nut-free.

Q: Does Flex contain dairy?

A: No, Flex is dairy-free.

Q: Does Flex contain gluten?

A: No, Flex is gluten-free.

Q: Does Flex contain caffeine or stimulants?

A: No, Flex is stimulant-free.

Q: Is Flex vegan-friendly?

A: No, Flex is not vegan-friendly.

Q: Can you use Flex if you are pregnant or nursing?

A: We recommend consulting with your physician about any supplement if you are pregnant or nursing.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.