

What is Flex?

Flex™ is a joint health supplement that nourishes every part of your active joints and helps lubricate your joint's connective tissue. Flex combines four joint-health nutrients that may support healthy joints, help avoid the breakdown of cartilage, aid in collagen production, and help reduce exercise-associated joint swelling.*

Benefits and Features

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

Key Ingredients

- Glucosamine
- Boswellia serrata extract
- Hyaluronic acid

FAQ

Question: Should I eat food before taking Flex?

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

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

Answer: While most joint health supplements contain only one ingredient, Flex includes a clinically studied dose of glucosamine, plus hyaluronic acid and boswellia serrata to promote healthy joints.

Question: Should this product be taken after exercise?

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

Directions

Take one serving daily.



Supplement Facts

Serving Size: 3 Capsules
Servings Per Container: 30

	Amount Per Serving	%DV
Joint Health Blend	1725 mg	†
Glucosamine HCl (shellfish), boswellia serrata gum resin extract, hyaluronic acid		
Bamboo Extract	72 mg	†

Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Values (DV) not established.

Other Ingredients: Rice flour, hypromellose (capsule), rice hulls, rice bran extract, gum arabic, and sunflower oil.
Contains: Shellfish (shrimp).

Complementary Products



Cardio™



Osteo™



Global Blend™

*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.