



Item# 82150 - 120 Capsules

FLEX FLOW™

Glucosamine helps to maintain the structural integrity of joints and connective tissue, while chondroitin sulfate helps to maintain the structural integrity of joints and blood vessels. MSM (methyl sulfonyl methane) plays a role in building connective tissue to support the body's physical structure.*

Supplement Facts

Serving Size: 4 Capsules Servings per Container: 30

Amount per Serving	% Daily Value*	Amount per Serving	% Daily Value*
Vitamin B6 (as pyridoxine hcl)	50 mg 2500%	Rutin	5 mg †
Niacin (as niacinamide)	40 mg 200%	Boswellia Extract**	100 mg †
Zinc (from gluconate)	6 mg 40%	(60% boswellic acids)	
Evening Primrose Oil	25 mg †	Nettle Leaf Extract (urtica dioica)	400 mg †
Chondroitin Sulfate	300 mg †	† Daily Value not established	
N-Acetyl Glucosamine	200 mg †	** Standardized plant extract	
CMO (cetyl myristoleate)	150 mg †	* % Daily Value based on a 2,000 calorie diet for adults	
MSM (methylsulfonyl methane)	100 mg †	and children over four years of age	

Other ingredients: Capsule (gelatin and water).