

## JointFlexPlus™

### Purpose & Rationale

This product supplies natural components, which are not available through typical diets but are shown to help maintain joint and skin health, in proper amounts. Joint pain is often a condition of degeneration of the protective covering at bone articular surfaces (cartilage). Age and injury are associated with an increased risk of development with other associated lifestyle factors, such as obesity.<sup>138</sup> The ingredients in this formula are designed to improve the ratio of the normal biological processes of cartilage degradation and synthesis to favor synthesis when compared to a non-supplemented state, and to provide lubrication to help enhance or maintain healthy joint tissue and function. The ingredients also help maintain the integrity of the extracellular matrix in the dermis below the skin, which is crucial for youthful skin appearance. Regular use over 12 weeks has been shown to reduce visible aging signs such as wrinkles and fine lines as well as the dehydration and scaling of the skin.

### Typical Use

- Individuals concerned with joint and cartilage health
- For overuse or age-related joint discomfort
- Take 1 capsule in the morning and 1 capsule at night before a meal with least 8 oz. of fluid.
- For optimal results, take 2 capsules in the morning and 2 capsules at night before a meal or as directed by a health care professional.

### Unique Features

- Contains the patented formula BioCell Collagen II.
- Dosages and compounds are in the amounts demonstrated by research to improve mobility, joint comfort and knee-joint strength.
- Formula considers use of other dotFIT products to help the user maintain a safe and optimal range of total nutrient intake.
- Manufactured in compliance with Good Manufacturing Practices (GMPs).
- Third-party tested.

### Contraindications

The use of this formula is not recommended during pregnancy or lactation due to the absence of use data for these populations. No known contraindications exist at this time. In all cases, consult with a physician.

<b>Supplement Facts</b>	
Serving Size: 2 Capsules	
Servings Per Container: 30	<b>Amount Per Serving</b>
	<b>% DV</b>
BioCell Collagen® (Proprietary chicken sternal cartilage extract)	1,000 mg *
Hydrolyzed Collagen Type II	600 mg *
Chondroitin Sulfate	200 mg *
Hyaluronic Acid (HA)	100 mg *

\*% Daily Value (DV) not established.