

Directions For Use: Take up to three (3) tablets daily with any meal. Daily dosage may vary based on individual needs.

WARNING: IF YOU ARE DIABETIC, CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT
If you have a Shellfish allergy please consult your medical practitioner before using this product.

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

Unconditionally guaranteed for purity, freshness and label potency. No Added Sugar, Yeast, Preservatives or Artificial Flavors.

21ST Century HealthCare, Inc.
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* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

†Flex-a-min® is a registered trademark of Arthritis Research Corporation, Ronkonkoma, NY 11779

**21ST
CENTURY®**

**Now With
Hyaluronic
Acid**



DIETARY SUPPLEMENT

MAXIMUM STRENGTH

Glucosamine & Chondroitin **PLUS**

Compare Active Ingredients To
FLEX-A-MIN†

60 (Easy Swallow) Tablets



Supplement Facts

Serving Size: 3 Tablets
Servings Per Container: 20

Amount Per Serving	% DV
Calories Total	10
Sodium	115 mg 5%
Total Carbohydrate	2 g <1%
Dietary Fiber	1 g 4%
Glucosamine Hydrochloride	1.5 g 1500 mg **
Chondroitin Sulfate	1.2 g 1200 mg **
MSM (Methylsulfonylmethane)	500 mg **
Proprietary Blend (Silica & Hyaluronic Acid) as Sodium Hyaluronate	40 mg **

** Daily Value (DV) not established.

Other Ingredients: Cellulose, Stearic Acid, Croscarmellose Sodium, Silicon Dioxide, Magnesium Stearate, Titanium Dioxide. This product contains glucosamine hydrochloride which is derived from shrimp and crab shells.

Made in U.S.A.

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**21ST
CENTURY®**

21ST Century® ... for a healthier future.

Glucosamine & Chondroitin Plus

Many recent scientific studies have shown the effectiveness of taking supplements with the proper combination of Glucosamine, Chondroitin, MSM (methylsulfonylmethane) and Hyaluronic Acid. These compounds found in the soft cartilage, tendons, and synovial fluid, are essential to the healthy functioning of tendons and joints, especially with advancing age. 21ST Century's® Glucosamine & Chondroitin PLUS, combines these nutritional elements in the proper amounts for your effective use.*

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