

swanson.com
or call 1-800-437-4148

- Supports daily joint maintenance
- Supports joint integrity, movement and flexibility
- Helps protect cartilage
- Maintains healthy connective tissue

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take three veggie capsules two times per day with food and water.

TRAACS® is a registered trademark of Albion Laboratories, Inc.
TruFlex® is a registered trademark of Swanson Health Products.
Boswellin® is a registered trademark of Sabinsa Corporation.



WARNING: For adults only. Do not take this product if you are pregnant or nursing, allergic to salicylate compounds such as aspirin, or have gastritis or ulcers. Consult your physician before using this or any product if you are taking medication or have a medical condition. Discontinue use if you experience stomach discomfort. Keep out of reach of children.
Do not use if seal is broken. Store in a cool, dry place.

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.



Mobility Essentials

Joint Health and Mobility

VITAMIN AND HERB BLEND

DIETARY SUPPLEMENT | 180 VEGGIE CAPSULES

Supplement Facts		
Serving Size 3 Veggie Capsules		
Servings Per Container 60		
Amount Per Serving		% Daily Value
Vitamin C USP (as ascorbic acid)	250 mg	278%
Zinc (from TRAACS® zinc glycinate chelate)	15 mg	136%
Manganese (from manganese glycinate)	5 mg	217%
TruFlex® Glucosamine Sulfate (2KCl) (from shellfish)	725 mg	*
TruFlex® MSM (methylsulfonylmethane)	300 mg	*
Boswellin® Boswellia serrata Resin (65% boswellic acid)	250 mg	*
Bromelain (2,400 GDU/gram)	250 mg	*
TruFlex® Chondroitin Sulfate USP	200 mg	*
Green Tea Leaf (Camellia sinensis)	150 mg	*
White Willow Bark	100 mg	*
Curcumin (rhizome)	50 mg	*
Devil's Claw Root (Harpagophytum procumbens)	25 mg	*
Quercetin	25 mg	*
Sea Cucumber	25 mg	*
*Daily Value not established.		

Other ingredients: Hypromellose (vegetable capsule), rice extract.
Contains shellfish (crab, shrimp).
DISTRIBUTED BY SWANSON HEALTH PRODUCTS
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