

## Supplement Facts

Serving size 4 tablets  
Servings Per Container 22

| Amount Per Serving                                                                                                                                                                                                                                                                                                | % Daily Value |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| Regenasure® Glucosamine HCl                                                                                                                                                                                                                                                                                       | 1500 mg *     |
| MSM<br>(Methylsulfonylmethane as OptiMSM®)                                                                                                                                                                                                                                                                        | 1500 mg *     |
| Proprietary Flex Support Compound:                                                                                                                                                                                                                                                                                | 360 mg *      |
| Turmeric root, Ginger root, Curcumin C3 Complex®†<br>(standardized for 95% curcuminoids from Turmeric root extract), Boswellin®† (standardized for 65% boswellic acids from <i>Boswellia serrata</i> gum extract), Ginger root extract (standardized for 5% gingerols), Hyaluronic Acid (from Sodium Hyaluronate) |               |
| Futurebiotics BioAccelerators™<br>(BioPerine®†, Ginger root extract, Trikatu, Digestzyme®†, Lactospore®†)                                                                                                                                                                                                         | 23 mg *       |

**Other Ingredients:** Vegetable Stearate, Stearic Acid, Cellulose, Croscarmellose Sodium, Ginger Oil.

**Directions:** As a dietary supplement, take 4 tablets daily, preferably with meals.

Do not use if you are pregnant or nursing.

**FlexMend™ - taking inspiration from Nature.** This 100% vegetarian product has an aromatic botanical essence added, along with natural whole plant co-factors including Ginger root and Turmeric root. Glass packaging extends natural freshness and helps maintain potency.

Contains absolutely no added yeast, sugar, salt, starch, wheat, gluten, soy, dairy, artificial colors or preservatives.

Keep out of reach of children.

\* Registered trademarks of Sabinsa Corp.; Regenasure® Glucosamine is a licensed trademark of Cargill, Inc.; OptiMSM® is a registered trademark of Cardinal Nutrition.

**Manufactured by  
Futurebiotics  
Hauppauge, NY 11788  
www.futurebiotics.com  
800-FOR-LIFE (800) 367-5433**

100% Satisfaction Guaranteed

actual product size

\* 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.

100%  
Recycled  
Content



## flexmend™

- ✓ Regenasure® Glucosamine – Only vegetarian-sourced glucosamine; helps build **joint connective tissue\***
- ✓ OptiMSM® – Proven to support the **structural integrity of joint cartilage\***
- ✓ Hyaluronic Acid – Plays a critical role in **tissue hydration and lubrication\***

Clinical research has proven that the potent, all-vegetarian ingredients found in **FlexMend™**, along with the complementary botanical co-factors, work synergistically to support the integrity of connective tissues, manage joint-related inflammation, lubricate joints and promote overall healthy joint function.\*

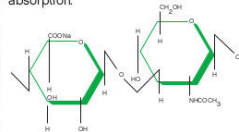
Regenasure® Glucosamine is the only vegetarian-source of Glucosamine available. It is not obtained from shellfish or animal sources, but from corn, and is free of contaminants typical of many shellfish-derived glucosamines. Glucosamine helps replenish the building blocks of connective tissues that are often lost during the progression of inflammatory conditions. Clinical studies reveal the usefulness of Glucosamine for the treatment of joint discomfort and other joint problems.

Employing a unique manufacturing process, OptiMSM® is purified through distillation, not crystallization, which reduces the risk of contamination. Methylsulfonylmethane (MSM) provides nutritional sulfur, which is vital to the creation and regeneration of various tissues and for the structural integrity of joint cartilage.

Hyaluronic acid helps support joint hydration and lubrication, protects cartilage from abrasion and increases its elasticity and ability to absorb mechanical compression.

**FlexMend™** is further enhanced by complementary herbs such as Boswellin®, Ginger extract and Turmeric extract that all demonstrate natural anti-inflammatory activity. In addition, unextracted Ginger and Turmeric are included to provide all the natural whole plant co-factors that nature created.

**FlexMend™** is potency-enhanced with **Futurebiotics Bioaccelerators™**. Clinically-proven BioPerine®† (*piper nigrum* extract) improves nutrient bioavailability, while our proprietary natural compound of Ginger extract, Trikatu, super-potent Digestzyme®† and Lactospore®† boosts digestion and absorption.



Sodium Hyaluronate

Sodium Hyaluronate is an important component of connective tissues. Its chemical structure gives hyaluronic acid its unparalleled ability to trap water, improving the cushioning and lubrication in joints.

**futurebiotics**  
health. nature. life.



# flexmend™

## vegetarian glucosamine with MSM

### clinically proven nutrients for normal joint function\*

dietary supplement  
90 vegetarian tablets

## flexmend™

### Healthy Joint Action Plan

Osteoarthritis (OA), known as degenerative joint disease, often results from years of wear and tear on joints and is the most common of all arthritic conditions. Weight-bearing joints, such as hips, knees and spine, are usually the most affected. Over time, cartilage that cushions the end of the bones within the joint can become split, thin, or completely wear away and bone ends at the joints begin to rub together. This causes pain, stiffness and limited joint movement.

#### Dietary

- Take Futurebiotics **FlexMend™** and a comprehensive multi-vitamin and eat a diet that emphasizes high-fiber, complex carbohydrates from fruits and vegetables, whole grains and lean protein.
- Eat good fats. Omega-3 fatty acids from salmon, walnuts, flaxseed and fortified eggs, along with monounsaturated fats like canola and olive oil help soothe inflammation. Drink plenty of water.

#### Physical Activity

- Including moderate exercise in your daily routine helps keep joint cartilage lubricated. Participate in low impact activities such as swimming and walking.
- Studies show that strengthening muscles helps take pressure off joints. Include strength and low-impact resistance training, along with exercises that increase balance, flexibility and range of motion.

#### Complementary Therapies

- Isometric, yoga or other stretching exercises help increase flexibility and range of motion. (See futurebiotics.com)
- Massage therapy encourages blood flow to joints and can help alleviate stiffness.
- Moist hot packs or soaking in a hot tub can provide relief. If joints are really sore, a cold pack can help temporarily relieve pain.

#### Do's and Don'ts

- Maintain a healthy weight. Every extra pound carried translates into three additional pounds of pressure on knees and hips.
- Joint injuries often occur when people are tired - don't exercise while fatigued.

#### Measure Your Progress

Be aware of how joints are responding to diet and exercise. Use range of motion, joint discomfort and inflammation as indicators of your success. Always include your health professional in strategies to address joint problems.