

JOIN, EARN POINTS & GET REWARDS



www.movefreerewards.com

See cap sticker for details.

Valid for US residents only.



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## Easier to swallow tablets<sup>2</sup>

We know that taking big pills every day can be a challenge. That's why we have developed easier to swallow, smaller tablets than other leading joint care brands.<sup>2</sup> Our exclusive state-of-the-art technology allows us to pack the same amount of our powerful ingredients into a smaller tablet, making it easier to take every day for the best possible results.



Move Free® is proud to support the Arthritis Foundation's efforts to conquer arthritis. For information, call 800-283-7800 or visit arthritis.org

Learn more at MoveFree.com

2. Move Free® Advanced tablets are smaller than other leading joint care products containing the combination of glucosamine and chondroitin.

80 + 80 = VALUE PACK

Schiff  
SINCE 1936



Advanced Plus MSM & Vitamin D3 with Glucosamine + Chondroitin

SUPPORTS 5 SIGNS OF JOINT HEALTH\* Mobility Comfort Strength Flexibility Lubrication

PLUS: Extra Bone Support\*

160 COATED TABLETS DIETARY SUPPLEMENT 2 PILLS PER DAY

**DIRECTIONS:** Adults take two (2) tablets once a day with a meal OR one (1) tablet twice daily with meals.

### Supplement Facts

	Amount Per Serving	% Daily Value
Serving Size 2 Tablets		
Servings Per Container 80		
Calories	10	
Total Carbohydrate	2 g	<1%*
Vitamin D (as D3 cholecalciferol)	50 mcg (2,000 IU)	250%
Sodium	15 mg	1%
Glucosamine Hydrochloride	1,500 mg	†
Chondroitin Sulfate	200 mg	†
Hyaluronic Acid	3.3 mg	†
Calcium Fructoborate	216 mg	†
MSM (methylsulfonylmethane)	750 mg	†

\*Percent Daily Values are based on a 2,000 calorie diet.  
†Daily Value not established.

**Other Ingredients:** microcrystalline cellulose, coating (hydroxypropyl methylcellulose, modified corn starch, titanium dioxide, polyethylene glycol, magnesium silicate, glycerin), magnesium stearate  
**CONTAINS SHELLFISH (SHRIMP, CRAB, LOBSTER AND CRAYFISH).**

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For information call: 1-800-526-6251  
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**KEEP OUT OF REACH OF CHILDREN.**

**Not for use by pregnant or breastfeeding women. If on prescribed medication, consult your physician before use.**

**Not suitable for use by anyone under the age of 18 years old.**

Protected with a tamper evident seal. Do not use if seal under cap is broken or missing.

Store in a cool, dry place with lid tightly closed.

Chondroitin Sulfate is derived from bovine, porcine, and/or avian sources.

**OptiMSM** OptiMSM, the MSM in this product, is a registered trademark of Bergstrom Nutrition.

**FruiteX-B** FruiteX-B® Calcium Fructoborate is a registered trademark of VDF FutureCeuticals, Inc. FruiteX-B® Calcium Fructoborate is manufactured under US Patent #5,962,049 and pending foreign patents. Used under license from VDF FutureCeuticals, Inc.

## HOW DOES MOVE FREE® WORK?

Move Free® Advanced supports 5 signs of joint health: mobility, comfort, strength, flexibility and lubrication so you can do the things you love.\*

### Glucosamine:

Glucosamine is key for the formation of cartilage, an essential building block of your joints. Glucosamine also supports the **mobility** and **flexibility** you want in everyday life.\*

### Chondroitin:

Chondroitin is a building block of cartilage that supports joint **strength** by helping to resist compression in the joint. In the body, Chondroitin functions by attracting fluid to joints to support cushioning and **lubrication**.\*

### Calcium Fructoborate:

Calcium Fructoborate is a clinically tested mineral complex that supports joint **comfort** in as little as 2 weeks.\*<sup>1</sup>

### Hyaluronic Acid (HA):

Hyaluronic Acid is the same molecule found in healthy joint fluid. HA has been reported to support joint **lubrication** and smooth movement. As we get older, levels of HA tend to decrease.\*

### Methylsulfonylmethane (MSM):

MSM is a source of sulfur found in the body that is important in the formation of collagen in joints. Collagen is a vital part of your joints because it supports the structure of cartilage.\*

### Vitamin D3:

Vitamin D3 helps maintain healthy levels of Calcium and Magnesium, important minerals that support strong bones. Because joints receive their essential nutrients through their adjoining bones, healthy bones are key for healthy joints.\*

**\* 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.**

1. J Aging Res Clin Pract 2014;3(4):223-228.