

Suggested Use: As a dietary supplement, adults take one (1) capsule daily, with or without food, or as recommended by a healthcare professional.

Warning: Consult your physician before using this or any product if you are pregnant, nursing, trying to conceive, taking anticoagulants or other medications, have coagulopathy, or any medical condition. Discontinue use and consult your doctor if any adverse reactions occur.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

MADE IN USA 

GMP GOOD MANUFACTURING PRACTICE 

QUESTIONS?

Call: (888) 393-4030
Email: support@1md.org
Visit: www.1md.org

MANUFACTURED FOR: 1MD™
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MoveMD™

FAST-ACTING JOINT RELIEF*

- ✓ Increases Mobility & Flexibility*
- ✓ Reduces Joint Stiffness & Soreness*
- ✓ Joint Relief in as Few as 7 Days*

DOCTOR RECOMMENDED



30 Capsules | Dietary Supplement

Supplement Facts

Serving Size: 1 Capsule | Servings Per Container: 30

	AMOUNT PER SERVING	%DV
AprèsFlex®	100 mg	**
Boswellia Serrata Extract		
Zanthin® Natural Astaxanthin	2 mg	**
Type X.IV. Eggshell Membrane Collagen	100 mg	**
Type II Chicken Collagen	280 mg	**
Hyaluronic Acid	25 mg	**

**Daily Value Not Established

Other Ingredients: Organic Vegetable Oil Powder, Silica, Whey Protein Isolate, Vegetable Cellulose Capsule

Allergen Warning: Contains Eggs and Whey (Milk). Not manufactured with wheat, gluten, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

*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.

Zanthin®
Natural Astaxanthin

Zanthin® is a registered trademark of Valensa International.

AprèsFlex®

AprèsFlex® is a registered trademark of Laila Nutraceuticals.

GLUTEN-FREE

SOY-FREE

PRESERVATIVE-FREE