

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

- Promotes flexibility and fluid movement
- Maintains healthy connective tissue
- Features vital ingredients for potent joint support
- Supports cartilage maintenance

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one softgel three times per day with water.

TruFlex® is a registered trademark of Swanson Health Products.



WARNING: For adults only. Consult your healthcare provider before using this or any product if you are pregnant or nursing, taking medication or have a medical condition.

Keep out of reach of children. Do not use if seal is broken. Store in a cool, dry place. Do not refrigerate.

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.



Joint Care

Joint Health and Mobility
FEATURING TruFlex®

DIETARY SUPPLEMENT | 120 SOFTGELS

Supplement Facts

Serving Size 1 Softgel		
Amount Per Serving	% Daily Value	
Vitamin C (as ascorbic acid)	20 mg	22%
Vitamin E	2.2 mg	15%
(as d-alpha tocopherol)		
Manganese	0.3 mg	13%
(from manganese aspartate)		
TruFlex® Glucosamine Sulfate (from shellfish)	333 mg	*
TruFlex® MSM (methylsulfonylmethane)	250 mg	*
Evening Primrose Oil	83 mg	*
TruFlex® Chondroitin Sulfate	66.67 mg	*
Boron (from boron citrate)	0.5 mg	*
*Daily Value not established.		

Other ingredients: Soybean oil, gelatin, glycerin, water, soy lecithin, beeswax, carob extract (carob extract, corn syrup, caramel).
Contains crustacean (shrimp) and soy.
DISTRIBUTED BY SWANSON HEALTH PRODUCTS
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