



EZ Flex™ features high potency B vitamins, magnesium, and the herb turmeric in a formula designed to nutritionally support tendon, nerve, and muscle tissue health.*

•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.

DIRECTIONS: Take one tablet twice daily or as directed by your healthcare practitioner.

CAUTION: If pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of the reach of children.

STORAGE: Keep tightly closed in a cool, dry place.

Formulated to Exclude: Wheat, gluten, soy, animal or dairy products, nuts, tree nuts, fish, crustacean shellfish, colors, artificial sweeteners, and preservatives.



Metagenics®
Genetic Potential Through Nutrition



EZ Flex™

Nutritional Support for
Tendon, Nerve & Muscle
Health*

Dietary Supplement
Vegetarian
60 TABLETS

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 60

	Amount Per Serving	% Daily Value
Riboflavin.....	36 mg	2118%
Niacin (as niacinamide).....	250 mg	1250%
Vitamin B ₆ (as pyridoxine HCl).....	50 mg	2500%
Folate (as folic acid and L-5-methyl tetrahydrofolate [†]).....	400 mcg	100%
Vitamin B ₁₂ (as cyanocobalamin).....	200 mcg	3333%
Magnesium.....	50 mg	13%
(as magnesium bis-glycinate ^{††})		

Turmeric Rhizome (*Curcuma longa*) 100 mg

*Daily Value not established.

Other Ingredients: Microcrystalline cellulose, cellulose, stearic acid, silica, croscarmellose sodium, and coating (deionized water, microcrystalline cellulose, polyethylene glycol, and carrageenan).

Developed and Manufactured by: **METAGENICS, INC.**

Makers of Professional Quality Supplements

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[†]As Metafolin® U.S. Patent Nos. 5,997,915; 6,254,904.

^{††}Patented mineral amino acid chelate: U.S. Patent #5,516,925

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