

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.

HOW DOES MOVE FREE® WORK?

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

Glucosamine:

Glucosamine is key for the formation of cartilage and supports mobility and flexibility.*

Chondroitin:

Chondroitin is a building block of cartilage. It has been reported to support joint strength and lubrication.*

Uniflex® (FruiteX-B® Calcium Fructoborate):

Uniflex® is a clinically tested mineral complex that supports joint comfort in as little as 2 weeks.*

Hyaluronic Acid (HA):

Hyaluronic acid is the same molecule found in healthy joint fluid. It has been reported to support joint lubrication and smooth movement.*

Methylsulfonylmethane (MSM):

MSM is important in the formation of collagen in joints, which support the structure of cartilage.*

Vitamin D3:

Vitamin D3 helps maintain healthy levels of Calcium and Magnesium, important minerals that support strong bones.*

*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.

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*

80 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

Serving Size 2 Tablets
 Servings Per Container 40

	Amount Per Serving	% Daily Value
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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