

CONTAINS
SCIENTIFICALLY
STUDIED
KEY INGREDIENTS



Why Six Star® Joint & Muscle Recovery with a Fully Dosed 40mg of UC-II® Is the Smarter Choice

Six Star® Joint & Muscle Recovery with a fully dosed 40mg of UC-II® is from the makers of MuscleTech®, America's #1 Selling Body Building Supplement Brand, so you know it's a powerful formula you can trust. Six Star® Joint & Muscle Recovery features key ingredients UC-II® and OptiMSM® to improve joint mobility during exercise and support muscle recovery after training.* Take Six Star® Joint & Muscle Recovery to experience the difference for yourself and get the results you want today!

Who Is Six Star® Joint & Muscle Recovery For?

- Active Men & Women • Athletes • Strength Trainers
- Fitness Enthusiasts • Body Builders • Endurance Athletes

What Are the Benefits of Six Star® Joint & Muscle Recovery?

- Significantly improves range of motion and joint mobility during exercise¹
- Delays onset of joint discomfort during training²
- Supports post-workout recovery by reducing a key marker of muscle damage³

Scientific Study Shows Improved Joint Mobility

¹In a study on 46 subjects, individuals using a core ingredient in Six Star® Joint & Muscle Recovery in combination with a training protocol significantly increased their range of motion on knee extensions compared to subjects using a placebo (61 vs 74 degrees).⁴

²In the same study, subjects also significantly increased their time to onset of initial joint discomfort during exercise compared to the baseline.⁴

Reduce Key Marker of Muscle Damage

³Subjects using another core ingredient in Six Star® Joint & Muscle Recovery experienced a significant decrease in a key marker of muscle damage at 2 and 24 hours post-workout compared to subjects using a placebo.⁴

FOR MORE INFO, RECIPES, TIPS,
AND TO JOIN THE CONVERSATION, VISIT

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SIX STAR®
PRO NUTRITION

JOINT & MUSCLE RECOVERY

WITH FULLY DOSED UC-II®

— ELITE SERIES —

From the Makers of

MUSCLETECH
RESEARCH & DEVELOPMENT

• Features UC-II® – Scientifically Shown to Improve Joint Mobility & Range of Motion During Exercise^{1,4}

• Delays Onset of Joint Discomfort During Training²

• Delivers OptiMSM® – Shown to Support Post-Workout Recovery by Reducing a Key Marker of Muscle Damage^{3,4}

Results based on core ingredient testing.
See back for study details.

60 Capsules

Dietary Supplement

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Supplement Facts

Serving Size: 3 Capsules
Servings Per Container: 20

Amount Per	3 Capsules	% Daily Value	6 Capsules	% Daily Value
Vitamin D (as cholecalciferol)	400 IU	100%	800 IU	200%
Muscle & Joint Blend	1,620mg	†	3,240mg	†
(OptiMSM® (methylsulfonylmethane)		†		†
White willow extract (as Salix alba bark)		†		†
Standardized to salicin				
UC-II® Standardized Cartilage ¹	20mg	†	40mg	†
Total collagen	5mg	†	10mg	†

¹†Daily value not established.

Other ingredients: Capsule (Gelatin, Titanium Dioxide), Dicalcium Phosphate Dihydrate, Silicon Dioxide, Magnesium Stearate. Processed in a facility that processes milk, egg, soybean, wheat, shellfish, fish oil, tree nut and peanut ingredients.

Directions: Take 2 servings (6 capsules) with a glass of water daily. Do not exceed 6 capsules in a 24-hour period. Read the entire label before use and follow directions provided.

WARNING: For adult use only. Do not use if pregnant or nursing. Consult a medical doctor before use if you are on a medical condition or before starting a diet or exercise program. Do not use if you are allergic or contraindicated to them. Discontinue use two weeks prior to surgery or if upset stomach occurs. KEEP OUT OF REACH OF CHILDREN.

Do not use if packaging has been tampered with.

Store in a cool, dry place (60°F to 80°F). Do not refrigerate.

⁴These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Six Star® Joint & Muscle Recovery is manufactured according to cGMP standards, as is required for all dietary supplements.

• MuscleTech® is America's #1 Selling Body Building Supplement Brand.
• Based on cumulative wholesale dollar sales 2001 to present.

UC-II® is a registered trademark of InterHealth N.L.

OptiMSM® is a registered trademark of Bergstrom Nutrition, Inc.

• UC-II® brand collagen with undenatured type II collagen (U.S. Patents 7,246,457; 7,083,820; 9,066,926 and EPD Patent EP1435909B); Canadian Patent C42-696610; and Japanese Patent JP480257452

Made in the U.S.A. from domestic and international ingredients. Distributed by Iovate Health Sciences U.S.A. Inc. 1105 North Market Street, Suite 1300, Wilmington, DE 19801.

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