

## Supplement Facts

Serving Size 1 Pack  
Serving Per Container 44

| Amount Per Pack                             |       | %DV  |
|---------------------------------------------|-------|------|
| Calories                                    | 9     |      |
| Calories From Fat                           | 9     |      |
| Total Fat                                   | 1g    | <2%* |
| Vitamin C (as ascorbic acid)                | 100mg | 167% |
| Vitamin E (as d-alpha tocopherol succinate) | 100IU | 333% |
| Zinc (as zinc oxide)                        | 15mg  | 100% |
| Selenium (as sodium selenite)               | 70mcg | 100% |
| Manganese (as manganese sulfate)            | 1mg   | 50%  |

|                                                                                                                                                                   |        |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| <b>Joint Construction Complex</b>                                                                                                                                 | 3000mg |
| Glucosamine (as HCl, sulfate 2KCl)                                                                                                                                | **     |
| Methylsulfonylmethane (MSM)                                                                                                                                       | **     |
| Chondroitin Sulfate A (CSA)                                                                                                                                       | **     |
| Chondroitin Sulfate C (CSC)                                                                                                                                       | **     |
| <b>Joint Lubrication Complex</b>                                                                                                                                  | 1000mg |
| Flaxseed Oil (50% alpha linolenic acid)                                                                                                                           | **     |
| Cetyl Myristoleate Proprietary Blend<br>(cetyl myristoleate**, cetyl myristate**, cetyl<br>palmitate**, cetyl laurate**, cetyl palmitoleate**,<br>cetyl oleate**) |        |
| Hyaluronic Acid                                                                                                                                                   | **     |
| <b>Joint Support Complex</b>                                                                                                                                      | 1000mg |
| Ginger Root (gingerols, shogaols)                                                                                                                                 | **     |
| Turmeric Root (curcumin)                                                                                                                                          | **     |
| Boswellia (resin) (boswellic acid)                                                                                                                                | **     |
| Quercetin                                                                                                                                                         | **     |
| Bromelain                                                                                                                                                         | **     |

\* Percent Daily Values are based on a 2,000 calorie diet.

\*\* Daily Value (DV) not established.

**OTHER INGREDIENTS:** Dicalcium phosphate, maltodextrin, gelatin, stearic acid, magnesium stearate, purified water, microcrystalline cellulose, glycerine, silicon dioxide, caramel coloring, pharmaceutical glaze. Contains shellfish (crab/shrimp shell), soy. Made in a GMP facility on equipment that processes milk, soy, egg, peanuts, tree nuts, fish, shellfish, and wheat.

**INGREDIENT NOTES:** Cetyl Myristoleate is patented by EHP Products (U.S. Patent #5,569,676).

**DOSAGE:** Unlike regular joint supplements, you only have to take a single daily dose of Animal Flex. Easy. Potent. Effective. Just take a pack of Animal Flex with any meal during the day and you're set—doesn't matter which meal it is. That's it. As a "core" or foundational supplement, use Animal Flex daily—on both training and non-training days. No need to "cycle" it.

**PRODUCT NOTES:** If you're smart, don't just use Animal Flex when you got a problem. You can and should use to help prevent problems from arising in the first place. Think of Animal Flex as nutritional "insurance", like Animal Pak. Slight tablet discoloration may occur. Rest assured, this is normal and happens when tablets and softgels touch during settling. Efficacy and potency are not affected.

**WARNING:** Exercise good judgment and keep this out of reach of children. To keep it as fresh as possible, store this product in a cool, dry place, away from heat, moisture and sunlight. You know the drill.

Plant #3001104580



\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



MADE PROUDLY IN THE U.S.A.  
Formulated, Tested & Manufactured By:  
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**WHO WE ARE** In 1983, Animal was founded with the birth of Animal Pak, the venerable training "pack" that started it all. Born from the real needs and desires of professional bodybuilders, Animal has grown prodigiously over the decades. Today, as yesterday, the name Animal stands for trust, integrity and a unique no nonsense approach to the game. Animal also represents a group of products that have stood the test of time, proven again and again in the labs, and in the trenches where it counts most... The gym and the stage. Dedicated to serious nutrition for the serious athlete, Animal is your choice when it comes to complete and comprehensive supplementation. Animal. The choice of champions. **WHAT ANIMAL FLEX® IS** Rock solid. No, we ain't talking about the thick slabs of meat that hang from your frame--those are easy to see, simple to assess. We're talking about your joints, bones, ligaments and other support structures that make lifting possible... The stuff you take for granted, what you can't see but can definitely feel when there's a problem. All too often, lifters focus only on building strength without thinking twice about the underlying support structure. Truth is, you are only as strong as your weakest link. If your weakest link are your joints, then you increase the risk of injury and that means you're out of the game. Now you can't afford that, can you? Didn't think so...† **OUR IRONCLAD GUARANTEE** Animal is dedicated to being the best in the business, no two ways about it. If this product doesn't meet with your tough requirements for any reason, let us know. When it comes to standing behind our products, we don't mess around. That's the truth.

Training Supplement | 44 Packs The Complete Joint Support Stack Joint Construction | Joint Lubrication | Joint Support | Glucosamine | Patented CMO | Chondroitin MSM | Hyaluronic Acid | Flax H0113-G-32020