

Structural System

Supports Bone Health and Flexibility

Stock No. 5389-5

NATURE'S SUNSHINE PRODUCTS, INC.

Spanish Fork, Utah 84660

1-800-223-8225 www.naturessunshine.com

Each packet in this 30 day program contains 2 Skeletal Strength tablets, 2 Joint Support capsules and 2 EverFlex tablets.

RECOMMENDATION

Each day take the contents of 2 packets: take one packet in the morning with breakfast, and one packet in the evening with a meal. Follow this pattern for 30 days.

Supplement Facts

Serving Size 2 Packets

SKELETAL STRENGTH®

Serving Size 4 Tablets

Amount Per 4 Tablets		% Daily Value
Vitamin A (beta-carotene)	500 IU	10%
Vitamin C (ascorbic acid)	150 mg	250%
Vitamin D ₃ (cholecalciferol)	200 IU	50%
Vitamin B ₆ (pyridoxine HCl)	5 mg	250%
Vitamin B ₁₂ (cyanocobalamin)	30 mcg	500%
Calcium (amino acid chelate, di-calcium phosphate, calcium citrate)	600 mg	60%
Iron (ferrous gluconate)	3 mg	16%
Phosphorus (di-calcium phosphate)	188 mg	18%
Magnesium (amino acid chelate, magnesium oxide)	600 mg	150%
Zinc (oxide)	15 mg	100%
Copper (gluconate)	2 mg	100%
Manganese (amino acid chelate)	1 mg	50%
Potassium (gluconate)	100 mg	2%
Boron (amino acid chelate)	1 mg	*
Proprietary Blend	216 mg	*

Horsetail Stems and Strobilus (*Equisetum arvense*), Betaine HCl, Papaya Fruit Concentrate (*Carica papaya*), Parsley Leaves (*Petroselinum crispum*), Pineapple Fruit Juice Concentrate (*Ananas comosus*), Valerian Root (*Valeriana officinalis*), Licorice Root Extract (*Glycyrrhiza glabra*)

*Daily Value not established

Other Ingredients: Cellulose (plant fiber), stearic acid (vegetable), magnesium stearate (vegetable).

JOINT SUPPORT

Serving Size 4 Capsules

Amount Per 4 Capsules

Proprietary Blend 1,600 mg*

Alfalfa Aerial Parts (*Medicago sativa*), Horsetail Stems & Strobilus (*Equisetum arvense*), Bromelain Fruit (*Ananas comosus*), Catnip Leaves (*Nepeta cataria*), Celery Seed (*Apium graveolens*), Black Cohosh Root (*Cimicifuga racemosa*), Yarrow Aerial Parts (*Achillea millefolium*), Capsicum Fruit (*Capsicum annuum*), Slippery Elm Bark (*Ulmus rubra*), Valerian Root (*Valeriana officinalis*), Hydrangea Root Extract (*Hydrangea arborescens*), Yucca Root Extract (*Yucca schidigera*), White Willow Bark (*Salix alba*), Burdock Root (*Arctium lappa*), Sarsaparilla Root (*Smilax officinalis*)

* Daily Value not established

Other Ingredients: Capsule (gelatin, water).

EVERFLEX®

Serving Size 4 Tablets

Amount Per 4 Tablets

Proprietary Blend 3,800 mg*

Glucosamine Hydrochloride (from crab shells), Methylsulfonylmethane (MSM), Devil's Claw Root (*Harpagophytum procumbens*), Chondroitin Sulfate, Hyaluronic Acid

* Daily Value not established

Other Ingredients: Cellulose (plant fiber), stearic acid (vegetable), magnesium stearate (vegetable), silicon dioxide (powdered silica).

Warning: Accidental overdose of iron - containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Notice: Pregnant or lactating women should consult their health care provider prior to taking this supplement.

This carton was sealed for your protection. Do not use if outer shrink wrap is missing or damaged. Nature's Sunshine uses natural source materials in its products that are subject to color variation.

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The structural system provides the framework for our body, protects our organs, houses marrow and stores minerals. Bones, joints, tendons, ligaments, muscles and teeth allow us to move freely and perform tasks. Age, lack of exercise, a poor diet and other factors may contribute to an unhealthy structural system, which may result in pain and limited range of motion. The ingredients in this 30 day **Structural System** program are formulated to supply nutrients to and help maintain strong bones and healthy structural tissue.*

By understanding our body's intricate and harmonious systems we can improve our own health and vitality, and share this wisdom with those we love.

Skeletal Strength: Provides materials that the body uses to manufacture bones, muscles, ligaments, tendons and skin. This balanced calcium-magnesium supplement is complete with vitamins, minerals and herbs, plus enzymes that help improve absorption.*

Joint Support: Is an herbal combination that helps maintain joint tissues, supports the joint during physical stress, helps clear uric acid and supports muscle tissue.*

EverFlex w/Hyaluronic Acid: Offers the joint-supporting benefits of glucosamine, chondroitin, MSM, hyaluronic acid and devil's claw in one tablet. This formula supports the integrity of the joint by providing nutrients that support normal viscosity and elasticity of fluid surrounding the joint, which helps maintain mobility. This formula also attracts fluid into cartilage, making it more shock absorbent.*

*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.



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DIETARY SUPPLEMENT - 30 DAY PROGRAM

60 PACKETS - (120 Capsules, 240 Tablets)

El sistema estructural es "el almacén" del cuerpo, protege los órganos, mantiene la médula y almacena minerales. Los huesos, coyunturas, tendones, ligamentos, músculos y dientes nos permiten el movimiento y realizar ciertas acciones. Con la edad, la falta de ejercicio y una mala alimentación, como otros factores, pueden contribuir a la mala salud del sistema estructural, lo que resultaría en dolor y limitación de movimiento. Los ingredientes en este programa de 30 días para el **Structural System** están formulados para suplir nutrientes y ayudar a mantener huesos fuertes y la salud del tejido estructural.*

Al entender los intrincados y armoniosos sistemas del cuerpo podemos mejorar nuestra propia salud y vitalidad, y compartir este conocimiento con nuestros seres queridos.

Skeletal Strength: Provee materiales que el cuerpo usa para formar los huesos, músculos, ligamentos, tendones y piel. Este suplemento balanceado con magnesio y calcio tiene vitaminas, minerales y hierbas completas, además de enzimas que ayudan a mejorar su absorción.*

Joint Support: Es una combinación herbácea que ayuda a mantener los tejidos conectivos, apoya las coyunturas ante un estrés físico, ayuda a aclarar el ácido úrico y apoya el tejido muscular.*

EverFlex w/Hyaluronic Acid: Ofrece los beneficios conjuntos de la glucosamina, la condroitina, el MSM, el ácido hialurónico y la hierba garra de diablo (devil's claw) en tableta. Esta fórmula apoya la integridad de las articulaciones proveyendo nutrientes que apoyan la viscosidad y elasticidad de los fluidos que rodean las coyunturas, lo que ayuda a mantener la movilidad. Esta fórmula además atrae líquidos al cartilago, haciéndolo más absorbente a los impactos.*

*Estas afirmaciones no han sido evaluadas por la FDA. La información aquí presentada no pretende diagnosticar, tratar ni curar enfermedades.