Directions: For best results, take three (3) tablets all at once with a meal. **Of** one (1) tablet three times daily with meals. Reminder: Like most deleary supplements, **Schiffs: Mave Free***Double Strength works gradually to promote join health and mobility. Allow 4-8 weeks of daily use before expecting noticeable results. To get the maximum benefits from **Move Free***, it should be taken consistently over time.

Supplement Facts

Serving Size Three (3) Tablets Servings Per Container 40

Amount Per Serving	% Daily Value	
Sodium	100 mg	4%
Glucosamine Hydrochloride	1.5 g (1500 mg)	^
Chondroitin Sulfate	1.2 g (1200 mg)	*
Hyaluronic Acid	3.3 mg	*

*Daily Value not established.

Other ingredients: Cellulose, coating (titanium dioxide, polydextrose, hydroxypropyl methylcellulose, triacetin, polyethylene glycol, glycerin), hydroxypropyl methylcellulose, silicon dioxide, magnesium stearate.

Contains shellfish (shrimp, crab, lobster and craylish).

Manufactured by: SCHIFF NUTRITION GROUP, INC. SALT LAKE CITY, UT 84104 USA For information call: 1-800-526-6251 (8am-5pm MST M – F)

www.schiffvitamins.com

† Joint Fluid is Hyaluronic Acid.

Note: If pregnant, lactating or on prescribed medication, consult your physician before using.

GUARANTEED: No added sugar (sucrose, fructose, lactose), salt (sodium chloride), yeast, wheat, gluten or milk. No preservatives or artificial flavors.

GUARANTEED for purity, freshness and labeled potency.

KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL, DRY PLACE WITH LID TIGHTLY CLOSED. **Start Earning Points with**

Schiff。 LoyaltyRewards

It's Easy! Simply visit

www.SchiffLoyalty Rewards.com
and follow the on-screen directions to
enter the code located on top of the bottle cap.

Valid for U.S. residents only.





DIETARY Supplement JUST 3 PER DAY
COATED TABLETS

Move Better, Feel Better® with Move Free®

Instead of just masking your joint discomfort, Move Free® actually promotes long term joint health.



Move Free® Double Strength Provides Glucosamine HCl 1,500 mg Chondroitin 1,200 mg the Amounts Tested by Researchers

Joint Fluid (Hyaluronic Acid)

Glucosamine is a basic building block of joint cartilage, which helps to maintain structural integrity of joints and connective tissues.

Chondroitin is a naturally occurring nutrient found in connective tissue. It is capable of binding water molecules to lubricate, cushion and support joints.

Joint Fluid (Hyaluronic Acid). Synovial fluid is made up of molecules of Hyaluronic Acid. Not all Hyaluronic Acid molecules are the same. Schilf uses large-sized, high potency, high purity Hyaluronic Acid (Joint Fluid) in Schiffe Move Free® is similar in molecular size to Hyaluronic Acid In Joints. A scientific study concluded that the same form of Hyaluronic Acid as is in Schilfic.

Move Free® is absorbed and concentrated in joints after oral ingestion. (Balogh, L. et al., J Ag Food Chem 2008)

ACTUAL SIZE TABLET

* 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.

Cushion, lubricate and nourish your joints with Schiff® Move Free®.*

> Look for these other Schiff⊚ Move Free® products.





PROUD SPONSO

FOUNDATION

Schiff®, the maker of Move Free®, is proud to support the Arthritis Foundation's efforts to help people take control of arthritis. For information about arthritis, contact the Foundation at 800-568-4045 or www.arthritis.org



Schiff® SURE DISSOLVE tablets are formulated to disintegrate within one hour.

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