

# Flex4Life™ System

COMPREHENSIVE SUPPORT FROM CAPSULE AND CREAM

4Life®

## Flex4Life System

Freedom and ease of movement is something that is easy to take for granted—that is until the stress of everyday wear and tear begins to take its toll. Chronic pain is a major health problem in the United States and is one of the most weakening effects of arthritis. Chronic pain, such as that seen in people with osteoarthritis and rheumatoid arthritis, can vary from simple annoyance to absolutely debilitating and life altering, and can last weeks, months, years or even a lifetime.

The body uses over 140 different joints to perform an infinite variety of movements. Limb by limb, joints frequently support the equivalent of six times the weight of your body in repetitive cycles of movement, making the need for special care of your joints a little easier to understand. Maintaining a healthy weight, properly exercising on a regular basis and receiving the right nutrients are a few ways in which we can help protect and promote overall joint health.

Cutting-edge science now offers effective answers to help us receive the nutrients needed to ease minor aches and pain, and promote mobility and flexibility. Flex4Life offers a comprehensive system for joint support inside and out. It is synergistically formulated to help joints from the outside with a topical cream, and provides effective nutrients to support healthy joints on the inside with a powerful encapsulated formula. The benefits of CetylFlex, glucosamine and chondroitin are uniquely blended in the Flex4Life System to promote overall joint health.

## Key Points

- **CetylFlex™:** This proprietary blend, used in both the capsule and cream formula, has been shown to lubricate joints for improved mobility and promote increased range of motion. In a clinical study recognized by the Medical Journal of Rheumatology, when compared to placebo, CetylFlex provided a reduction of swelling and pain, as well as significant improvement in range of motion and overall function.\*  
*Robert Hesslink Jr., David Armstrong III, M.V. Nagendran, Srinan Sreevatsan, and Raj Barathur: Cetylated Fatty Acids Improve Knee Function in Patients with Osteoarthritis. J Rheumatol 2002;29:1708-12.*
- **Supports Healthy Joints and Cartilage:** Two nutrients that top the list of natural compounds that help protect against cartilage damage and ease minor pain are glucosamine and chondroitin. Glucosamine is a form of amino sugar that has been shown to be effective in maintaining healthy cartilage, and repairing damaged joints. It is essential to producing the nutrients needed to stimulate the production of Synovial fluid: the fluid that lubricates your cartilage and keeps your joints healthy. Chondroitin is part of a large protein molecule that gives cartilage elasticity. It has been reported to help maintain the viscosity in joints, stimulate cartilage repair mechanisms and inhibit enzymes that break down cartilage.\*
- **Quickly Soothes Minor Aches:** The combination of cetyl esters with extracts of menthol, peppermint and lecithin in Flex4Life cream work to target joint discomfort and provide fast, soothing relief from simple aches and stiffness.\*

## Did you know?

A study at Harvard Medical School found that women wearing high-heeled shoes increase stress on their knee joints by 23 percent, thereby putting themselves at more risk for osteoarthritis.

*Kerrigan. "knee osteoarthritis and high-heeled shoes," Lancet 351 (9113): 1399-401, May 1998.*

A study of more than 200 patients with osteoarthritis published in the British Journal Lancet in January 2001 reported that people treated with glucosamine had fewer symptoms and exhibited less progressive damage on x-rays than did people treated with placebo.

More than 40 million Americans are affected by some form of arthritis and suffer from chronic pain that limits their daily activities. Osteoarthritis is by far the most common form of arthritis affecting over 20 million Americans, while rheumatoid arthritis, which affects about 2.1 million Americans, is the most disabling form of the disease.

*NIAMS – National Institute of Arthritis and Musculoskeletal and skin diseases.*

## Technical Points

- CetylFlex is a combination of edible oils, frequently found in fish and other oils that have been specially processed to increase the level of desirable fatty acids and decrease the level of undesirable fatty acids.
- Flex4Life System does not contain: wheat, oats, corn, gluten, sugar, wax, egg, yeast, sulfates, phosphates, preservatives, casein or any other milk derivatives.



## Flex4Life Capsule

**DIRECTIONS:** Take three (3) capsules daily with food and 8 oz of fluid.

**Serving Size:** Three (3) capsules  
**Servings Per Container:** 30

## Supplement Facts

Amount Per Serving	%DV
CetylFlex™ (A proprietary blend of key fatty acid esters)	600 mg *
Glucosamine (as hydrochloride)	825 mg *
Chondroitin (as sulfate)	225 mg *

\* Daily Value (DV) not established

Other Ingredients: gelatin capsule

NOTICE: If you have an allergy to shellfish, consult a physician before taking this product.

## Flex4Life Cream

**DIRECTIONS:** Apply Flex4Life cream onto affected area and massage into skin. Apply as necessary.

## Supplement Facts

**INGREDIENTS:** Purified water, saturated fatty acid cetyl ester, polyethylene glycol monostearate, glycerin, glycerol esters of fatty acids, benzyl alcohol, L-menthol, lecithin, carboxyvinyl polymer, peppermint extract, natural vitamin E, potassium hydroxide.

NOTICE: For external use only. Avoid contact with eyes. If contact occurs, rinse thoroughly with water. Discontinue use if redness appears. Consult a physician if irritation persists.

## Ordering Information

Bottle  
Item # 23501 - 90 ct/bottle  
Item # 23502 - 12 for the price of 11

Cream  
Item # 23503 - 2 oz tube  
Item # 23506 - 12 for the price of 11

Flex4Life System  
Item # 23510 - 1 - 90 ct/bottle  
1 - 2 oz tube

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