



Easy-Flex 2™ Joint & Mobility Nutritional Support

Wear and tear on joints, muscles, and bones is an inevitable consequence of aging and vigorous physical activity. However, it does not have to be debilitating. How the body handles the stresses we impose on it is partly up to how we treat our body, and the nutrients we give it to work with. The human body reacts to the stresses we impose on joints and bones by:

- Rebuilding of torn muscle and ligaments.
- Maintaining articular cartilage in joints.
- Suppressing inflammation and its damage.
- Reversing repeated motion injury
- Maintaining optimal bone mineralization

Easy-Flex™ 2 is an herbal evidence-based formulation of plant extracts that can provide the body with tools to optimize the maintenance and repair of injured bones and joints.

Par Actin: A standardized extract of *Andrographis paniculata* with 39% andrographolides, that has been shown to support health in people with rheumatoid diseases and joint pain.¹

Boswellia: *Boswellia serrata* extract contains at least 70% boswellic acids. Boswellia may suppress the immune response to injury, preventing further injury.

Histidine: An important dietary amino acids which may be useful for allergy and immune support.

Curcumin: A powerful herb used in Indian Ayurvedic medicine to support immune system regulation to help protect bones and joints from excessive immune responses to injuries.²

Quercetin: Probably the most important dietary flavonoid which is an important anti-oxidant and immune regulator, and improves biomarkers for risk of cardiovascular disease.³

Bioperine: Black pepper extract that is used to increase the absorption of nutrients to increase their effectiveness and may have direct effects on immunity.

Ginger Root: A very popular spice that is traditionally used to treat nausea and pain and has been demonstrated to be effective for pain associated with menstruation.⁴

Cayenne Pepper: Cayenne and its active component, capsaicin, has a long history of use for treating pain topically, and some research suggests systemic effects as well.

References

1. Burgos RA, Hancke JL, Bertoglio JC, Aguirre, V, Arriagada S, Calvo M, Caceres DD. (2009) Efficacy of an *Andrographispaniculata* composition for the relief of rheumatoid arthritis symptoms: a prospective randomized placebo-controlled trial. *Clinical Rheumatology*, Published Online DOI:10.1007/s10067-009-1180-5.
2. Rana & Galani (2014) Dopamine mediated antidepressant effect of *Mucunapururiens* seeds in various experimental models of depression. *AYU* 35:90-97.
3. Egert S et al. (2009) Quercetin reduces systolic blood pressure and plasma oxidized low-density lipoprotein concentrations in overweight subjects with a high-cardiovascular disease risk phenotype: a double-blinded placebo-controlled cross-over study. *British Journal of Nutrition* 102:1065-1074.
4. James Daily et al. (2015) Efficacy of ginger for alleviating pain associated with primary dysmenorrhea: A systematic review and meta-analysis of randomized clinical trials. *Pain*: in press.
5. Yang HY et al. (2015) Red peppers with moderate and severe pungency prevent the memory deficit and hepatic insulin resistance in diabetic rats with Alzheimer's disease. *Nutrition and Metabolism* 12:9.

Description:

Daily **Easy-Flex™ 2** is an herbal blend that supports bone and joint health, and flexibility by providing nutritional support for immune regulation. Each bottle contains 90 capsules, a one month supply if taking 3 capsules per day.

Capsule Size:



Bottle: 250 cc green PETE bottle with a 45 mm lid, inner freshness seal, and outer tamper evident band.

Supplement Fact

Serving Size: 1 Capsule

Amount per Serving		% DV
Andrographis paniculata ParActin®	100 mg	*
Boswellia Ext. (<i>Boswellia serrata</i>)	125 mg	*
L-Histidine	5 mg	*
Curcumin from Turmeric (<i>Curcuma longa</i>)	200 mg	*
Quercetin	50 mg	*
Black Pepper Extract Bioperine®	5 mg	*
Ginger Root Powder (<i>Zingiber officinale</i>)	300 mg	*
Cayenne Pepper (<i>Capsicum annuum</i>)	25 mg	*

*Daily value not established

Other ingredients: Vegetarian capsules



Gluten Free



Soy Free



Vegan

Directions:

Take 1 capsule 3 times per day or alternatively take 2 capsules in the morning and 1 in the evening.

Precautions:

Daily **Easy-Flex™ 2** contains herbs which may cause allergic reactions in some people. If allergy symptoms appear, discontinue use until your doctor can determine the cause of the allergy.

*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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Joint & Mobility
Nutritional Support**

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