




## *Full Flex<sup>Plus</sup>*

Osteoarthritis is the most common form of arthritis, affecting millions of people worldwide. Staying active, maintaining a healthy weight and other treatments may slow progression of the disease and help reduce pain and improve joint function. The non-steroidal, anti-inflammatory drugs (NSAIDs) are the most frequently used medicines to treat osteoarthritis and mild to moderate pain. They all increase the risk of serious side effects, including stomach ulcers, gastrointestinal bleeding, kidney failure, heart attacks and strokes. Full Flex Plus can help to reduce doses of non-steroidal, anti-inflammatory agents.

### FULL FLEX PLUS

- Reduces osteoarthritis-related pain<sup>1</sup>
- Decreases analgesic consumption<sup>2</sup>
- Retards the progression of osteoarthritis<sup>3</sup>
- Protects joints against erosive evolution<sup>4</sup>
- Reduces the cartilage volume loss in knee osteoarthritis<sup>5</sup>



**Precautions:** In pregnancy, breast feeding, allergy to shellfish and salicylates or patients taking prescription and non-prescription medications.

**Dosage:** Three caplets daily

**Packaging:** Bottles containing 60 caplets



## Glucosamine

Glucosamine is an amino-monosaccharide that is naturally produced in humans. It is one of the principal substrates used in the biosynthesis of macromolecules that form articular cartilage such as glycosaminoglycans, proteoglycans and hyaluronic acid<sup>6</sup>. Studies found that glucosamine reduces osteoarthritis-related pain<sup>4</sup> and improves function in patients with knee osteoarthritis.<sup>7</sup>

## Chondroitin

Chondroitin is a natural substance found in the body. It is believed to help draw water and nutrients into the cartilage keeping it spongy and healthy. Clinical trials using chondroitin in the management of osteoarthritis show moderate-to-large statistical effects vs. placebo using a number of different outcome measures.<sup>8,9</sup>

## MSM

MSM (methylsulfonylmethane) is an organic sulfur compound. Sulfur is needed in formation of connective tissue. MSM also seems to act as an analgesic by lessening nerve impulses that transmit pain. In clinical trials, MSM has been associated with improvements in osteoarthritis<sup>10</sup> antioxidant status<sup>11</sup>, exercise performance<sup>12</sup> and healing of soft tissue injuries<sup>13</sup>.

## Black pepper extract

Piperine (black pepper extract) has anti-inflammatory, antinociceptive and anti-arthritic effects.<sup>14</sup>

## Vitamin C

Vitamin C is essential for the formation of collagen and proteoglycan.<sup>15</sup> A moderate intake of vitamin C results in a three-fold lower risk of osteoarthritis progression.<sup>16</sup>

## Turmeric extract

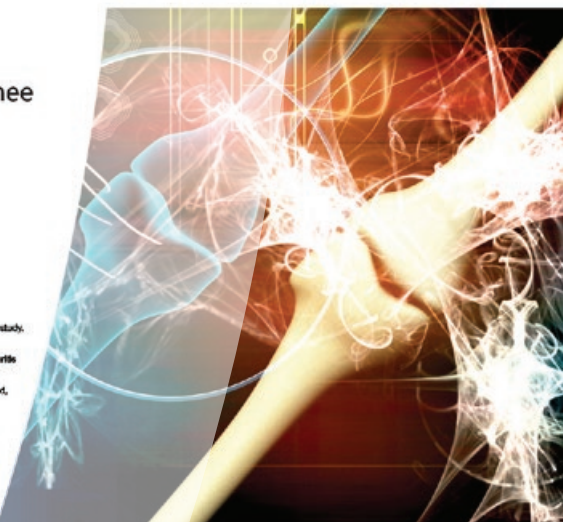
Curcumin (turmeric extract) has been reviewed as a possible treatment for several conditions including cancer<sup>17</sup>, diabetes<sup>18</sup>, irritable bowel disease<sup>19</sup> and osteoarthritis<sup>20</sup> due to numerous anti-inflammatory and epigenetic effects.

## Ginger extract

Ginger extract has anti-inflammatory and anti-arthritic effects especially on knee osteoarthritis.<sup>21</sup>

## White willow extract

According to experts, salicin-containing willow species possess the same pharmacological effects and reactions as aspirin.<sup>22</sup>



### References:

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