

EverFlex Tablets

60 tablets, Herbal Combination, Stock No. 925-5

Healthy joints are vital to overall health, especially as we age. Our bodies slow down the production of glucosamine as we get older. This problem is made worse by poor diet and overuse of joints (repetitive motion through sports or occupational activities).

EverFlex benefits the structural system and supports healthy joints. It offers the nutritional advantages of glucosamine, chondroitin and MSM combined with devil's claw herb in one convenient tablet.

Did you know?

Studies suggest that glucosamine protects connective tissues and helps maintain the integrity and mobility of joints.

Glucosamine also helps lubricate joints by replenishing synovial fluid, which gives the body's joints their shock-absorbing qualities.

Chondroitin sulfate attracts fluid and draws nutrients into the cartilage, making the cartilage more shock absorbent. It also promotes growth and normal tissue generation and keeps enzymes in balance.

Methylsulfonylmethane (MSM) is present in many fresh foods, but it is destroyed through cooking, processing and storage. Supplementing with this nutrient ensures and adequate supply of sulfur. Sulfur is an important structural component of the connective tissue that joins muscle to bone.

EverFlex also contains devil's claw, an herb long used to help treat inflammation of the joints.

NSP Advantage

60 tablets Herbal combination to help relieve osteoarthritic symptoms and reduce joint pain. Helps in the formation of connective tissue and protects against the deterioration of cartilage from chronic joint diseases.

Ingredients: Each tablet contains 1000 mg of a proprietary blend of the following:

Medicinal Ingredients: glucosamine hydrochloride (crab shells) 420 mg, MSM (methyl sulfonyl methane) 420 mg, chondroitin sulphate (bovine cartilage) 110 mg, and Devil's Claw (*Harpagophytum procumbens*) root 50 mg

Non-medicinal ingredients: hydroxypropyl cellulose, microcrystalline cellulose, stearic acid, silicon dioxide, magnesium stearate

Recommendation (adult): Take orally two tablets daily with a meal. Use for a minimum of two months to see beneficial effects.

CAUTION: Do not use if you are pregnant or breastfeeding.

Consult a health care provider prior to use if you have diabetes. Note that clinical

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studies indicate that glucosamine seems to be safe in people with Type 2 diabetes.^{1,2} Until more is known, persons with diabetes who take glucosamine are advised to monitor their blood glucose levels closely. Consult a health care provider prior to use if you have shellfish allergies. Because glucosamine is sourced from crab shells, there is concern that glucosamine supplements might cause allergic reactions in people who are sensitive to shellfish. There are no documented reports of allergic reaction to glucosamine in shellfish-allergic patients. There is also some evidence that people with shellfish allergy can safely take glucosamine products.³

Consult a health care practitioner if you experience gastrointestinal pain or bowel movement disturbances, or if symptoms persist. Discontinue use if allergic reaction occurs.

References:

1. Scroggie et al. The effect of glucosamine-chondroitin supplementation on glycosylated hemoglobin levels in patients with type 2 diabetes mellitus. Arch Intern Med 2003; 163:1587-90.
2. Yu et al. The effect of oral glucosamine sulfate on insulin sensitivity in human subjects. Diabetes Care 2003; 30:523-8.
3. Gray et al. Is glucosamine safe in patients with seafood allergy? (letter) J Allergy Clin Immunol 2004; 114:459-60
4. Usha, PR, Naidu, MUR. Randomised, double-blind, parallel, placebo-controlled study of oral glucosamine, methylsulfonylmethane and their combinations. Clin Drug Invest 2004; 24:353-63.

Features & Benefits

- EverFlex tablets combines the beneficial properties of four separate ingredients: glucosamine, MSM, chondroitin and devil's claw.
- Glucosamine is effective in reducing joint pain and helps to relieve osteoarthritic symptoms.
- Glucosamine is a factor in the building of healthy cartilage and protects against the deterioration of cartilage from chronic joint diseases.
- Preliminary clinical research suggests that MSM may reduce pain and swelling of osteoarthritis and improve joint function.⁴
- Chondroitin helps relieve symptoms of bone and joint pain and helps in the formation of connective tissue.
- Devil's claw has traditionally used to help treat inflammation of the joints.