



## Disc-Flex

### What Is It?

Disc-Flex supports healthy composition, strength, comfort and flexibility of intervertebral cartilage. The formula is designed to specifically target proteoglycans, age-related advanced glycation endproduct activity, tissue calcium metabolism, immune response and the natural inflammatory processes to promote spinal disc health.\*

### Uses For Disc-Flex

**Intervertebral Cartilage:** This formula addresses the unique nutritional needs of intervertebral cartilage (IVC). IVC is avascular, wears differently, and is affected by different nutritional factors compared to articular cartilage. The basics of healthy disc composition involve glucosamine, chondroitin and collagen. Studies indicate that glucosamine and chondroitin support spinal disc integrity and have the potential to support the strength of the disc under compressive loads. In postmenopausal women, the healthy composition of the lumbar spine is directly related to type II collagen content. The advanced nature of this product involves its ability to maintain healthy advanced glycation end product activity, healthy immune mediator activity, a healthy inflammatory response and healthy calcium metabolism. Advanced glycation end products reduce the ability of the intervertebral disc to produce proteoglycans, which comprise healthy disc matrix. The age-related increase in advanced glycation end products also contributes to stiffening of the spine. L-Carnosine, grape seed extract and alpha lipoic acid help to maintain healthy advanced glycation end product metabolism and provide antioxidant protection. Cartilage end plate calcification also affects disc function and longevity. Vitamin K<sub>2</sub> as menaquinone-7 also maintains a healthy balance of calcium uptake into extra-skeletal tissues. Devil's claw supports day-to-day spinal comfort and flexibility as demonstrated by German studies. Vitamin D is a synergist with vitamin K<sub>2</sub> to help maintain healthy cartilage end plate calcium metabolism.\*

### What Is The Source?

Vitamin D<sub>3</sub> is derived from lanolin. Vitamin K<sub>2</sub> (menaquinone-7) is derived from natto (soy) and contains casein (dairy). Hydrolyzed type II collagen complex<sup>†</sup> is derived from chicken sternal cartilage and typically provides 60% hydrolyzed type II collagen, 20% chondroitin sulfate and 10% hyaluronic acid. Glucosamine HCl is derived from crab and shrimp. L-Carnosine (beta-alanyl-L-histidine) and alpha lipoic acid are synthetic. Devil's claw extract is derived from *Harpagophytum procumbens* root and standardized to contain 5% harpagosides. *Boswellia serrata* extract is derived from gum resin and standardized to contain 70% boswellic acids. Grape seed extract is derived from *Vitis vinifera* and standardized to contain 92% polyphenols. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

<sup>†</sup>  is a registered trademark of BioCell Technology LLC, Anaheim, California, USA. U.S. Patents 6,025,327; 6,323,319; 6,780,841 and other U.S. and foreign patents pending.

### Recommendations

Pure Encapsulations recommends 2-4 capsules daily, in divided doses, with meals.

### Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. Vitamin K may be contra-indicated for individuals on dialysis treatment. Alpha lipoic acid, boswellia, glucosamine or devil's claw may cause GI upset, heartburn, diarrhea or constipation. In rare cases, devil's claw and glucosamine have been associated with fatigue or headache. Some ingredients been associated with skin rash in sensitive individuals. Consult your physician for more information.

(continued)

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## Are There Any Potential Drug Interactions?

Vitamin K, devil's claw and grape seed may be contraindicated for individuals taking blood thinning medication. Individuals taking anti-diabetes medications may require blood glucose monitoring. Consult your physician for more information.

### Disc-Flex

two vegetable capsules contain  00

vitamin D <sub>3</sub> .....	400 i.u.
vitamin K <sub>2</sub> (as menaquinone-7) .....	10 mcg
hydrolyzed type II collagen complex† .....	500 mg (chicken sternal cartilage)
providing:	
hydrolyzed type II collagen 60%.....	300 mg
glucosamine HCl (crab, shrimp) .....	500 mg
l-carnosine (beta-alanyl-l-histidine) .....	75 mg
alpha lipoic acid (thioctic acid).....	50 mg
devil's claw (Harpagophytum procumbens) extract (root).....	150 mg (standardized to contain 5% harpagosides)
boswellia serrata extract (gum resin) .....	100 mg (standardized to contain 70% boswellic acids)
grape (Vitis vinifera) seed extract.....	50 mg (standardized to contain 92% polyphenols)
vitamin C (as ascorbyl palmitate) .....	20 mg

Contains milk, soy

**2-4 capsules per day, in divided doses, with meals.**



— Your Trusted Source —

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