



# VitaFlex

Specifically developed for those who live an active lifestyle. Whether you are a competitive athlete, have a physically demanding job, or simply want less joint stiffness and pain, VitaFlex is your answer. We combine the power of muscle building and joint supporting amino acids with vitamins and minerals essential to musculoskeletal health. This infusion is further fortified with glucosamine, which has been proven to reduce both joint pain and stiffness. Glucosamine plays an important role in preventing and reducing the effects of daily joint wear and tear. So protect your joints and start living with less pain. Try VitaFlex today.

0.9% Normal Saline 500 ml of fluids.

**Glucosamine** a compound naturally found within the cartilage of joints. It acts as one of the body's natural shock absorbers and joint lubricant. It improves overall joint health and reduces pain and stiffness associated with osteoarthritis. It also reduces the joint damaged caused by athletic activity. Glucosamine has also been shown to improve digestion and improve inflammatory bowel disease.

**Lysine** an essential amino acid that plays a crucial role in proteins and enzyme synthesis. It reduces muscle breakdown and promotes muscle growth. Lysine is also involved in calcium absorption and thus important in muscle contraction and relaxation.

**B1 (Thiamine)** is an essential component of the body's metabolic machinery. It is also important for proper cardiovascular and neuromuscular health.

**B2 (Riboflavin)** is vital for carbohydrate, fat and amino acid metabolism. It also serves an important role in cardiovascular health, collagen formation and reducing signs of premature aging.

**B3 (Niacin)** is renowned for its cardiovascular benefits. It is also known to improve mental function and repair damaged skin.

**B5 (Dexpanthenol)** is required for the production of coenzyme A. Coenzyme A is fundamental to the metabolism of fatty acids for energy.

**Vitamin C (Ascorbic Acid)** is essential for healthy, youthful skin. Ascorbic acid is required for collagen formation and maintenance. It is also important in supporting a healthy immune system, lowering triglycerides and cholesterol.

**L-Arginine** improves immune function, plays a role in detoxification and stimulates the overall release of multiple hormones including growth hormone. It has also been found to lower overall inflammation, lower blood pressure, improve mental function and improve athletic performance.

**Magnesium** plays an active role in over 600 biochemical reactions in the body including muscle relaxation, nerve signal conduction, regulates metabolism of proteins, DNA, fatty acids and carbohydrate.

**Glycine** plays an important role in building lean muscle mass, the production of growth hormone and reducing inflammation. It is also essential in the production and maintenance of collagen, therefore reducing the signs of aging. Important in reducing the effects of stress and anxiety, and in boosting mental performance and memory.

