



FLEXY FORTE

30 tablets



Active Ingredients

Glucosamine, Chondroitin, Methylsulfonylmethane (MSM), Boswellia and Vitamin D3

Glucosamine is an amino sugar present in the human body and used for the biosynthesis of hyaluronic acid in the synovial fluid and articular cartilage proteoglycan constituents. It exerts a trophic action against joint cartilage and promotes the fixation of sulfur in the synthesis of chondroitin sulfate. It also allows the synthesis of galactosamine, another amino sugar necessary for the biosynthesis of glycosaminoglycans. The main components of cartilage are glycosaminoglycans, water, hyaluronic acid, proteoglycans, molecules of chondroitin sulfate, collagen and elastin. All these components are held together in a matrix of collagen; together allow the cushioning and smooth sliding joints. In order to maintain these properties of the cartilage, a person needs a diet rich in nutrients and an ample supply of glycosaminoglycans, chondroitin sulfate and proteoglycans, otherwise the cartilage degenerates more easily. Until a few years ago supplementation of vitamins and minerals for healthy joints was neglected, but today it is scientifically proven that about 75-80% of people treated with glucosamine show drastic improvements regarding pain and mobility. The studies that have evaluated the effectiveness in slowing the progression of joint damage were based on the results of radiographic useful to measure the joint space. Based on the results of these studies, a three year treatment with glucosamine would result in a protective effect, with a finding of no significant reduction in joint space of the knee in patients treated versus a statistically significant loss in patients who had received placebo. In conclusion, based on the data available today, glucosamine appears to produce an attenuation of pain and stiffness associated with mild to moderate osteoarthritis, with efficacy similar to that of non-steroidal anti-inflammatory, but with better tolerability. Glucosamine is therefore indicated in the treatment of primary and secondary arthritis, osteochondrosis, spondylosis, chondromalacia patella, frozen shoulder.

Chondroitin: it is a glycosaminoglycan (GAG) sulfate, composed of a chain of alternating sugars (N-acetylgalactosamine and glucuronic acid). It is normally associated with protein, to form a proteoglycan. A chondroitin chain can have over 100 sugars, each of which can bind sulphate ions in position and variable quantities. The chondroitin sulphate is an important structural component of cartilage, providing the latter almost all of the compressive strength. Associated with glucosamine, chondroitin sulfate has become a dietary supplement used for osteoarthritis

Methylsulfonylmethane (MSM) source of biologically active sulfur, the main component of glycosaminoglycans and other structural molecules necessary to a good functionality of tendons, cartilage, skin and bones . Used as anti-inflammatory to treat joint diseases.



Boswellia: plant with a strong anti-inflammatory activity useful for inhibition of the biosynthesis of molecules involved in the inflammatory process.

Vitamin D3: Stimulation of osteocalcin

Indications

Dietary supplement useful to maintain well-being and joint function

Directions for use

1 compressa per day or depending on the doctor's advice

Registration Number

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