

Healys Maximum Joint Relief & Muscle Relaxant Bundle

Directions 1 teaspoon of each mixed in 100-150 ml of filtered water

Morning on rising and in the evening same .

(start ½ teaspoon of each and increase to 1 teaspoon of each for maximum effect)

Maintenance drop back to ½ teaspoon and cycle dosage as required or as advised by your health care professional .

1) Arthrex (metagenics)

(375 grms oral powder)

Clinical Benefits

- **Nutrients for formation and protection of cartilage and connective tissue:** Arthrex contains FORTIGEL[®] gelatin which may help reduce joint pain associated with exercise in athletes. A 24 week randomised, double-blind, placebo-controlled trial of 147 athletes showed a significant reduction in pain compared to placebo (Figure One).⁵ Gelatin has shown, *in vitro*, to exert its action on chondrocytes by stimulating the production of type II collagen in cartilage.⁶ Arthrex also contains silica to support bone, connective tissue and cartilage health plus boron for bone strength and vitamin K to regulate bone and cartilage mineralisation.^{1,2,7}
- **The combination of Glucosamine and MSM significantly improves mild osteoarthritis signs and symptoms:** A randomised, double-blind, placebo-controlled clinical trial has shown that glucosamine combined with MSM significantly improves signs and symptoms of mild osteoarthritis, when compared with placebo

ingredients

Each 15.0 g dose contains:

Gelatin (FORTIGEL [®])	10g
Glucosamine sulfate - potassium chloride complex	2g
Equivalent Glucosamine sulfate	1.5g
Dimethyl sulfone (OptiMSM [®])	1.5g
Silica - colloidal anhydrous	40mg
Cholecalciferol	20 micrograms
Equivalent Vitamin D3	1000 IU
Borax (Sodium borate)	26mg
Equivalent Boron	3mg
Phytomenadione (Vitamin K)	70 micrograms

Free from dairy protein, lactose, eggs, gluten, wheat, nuts, soy protein and salt. Free from artificial colours and flavours.

Contains steviol glycosides.

2) Fibroplex plus (metagenics)

Clinical Benefits

- **Fibroplex Plus may assist the symptoms of fibromyalgia and in the relief of muscular pain:**⁶ Scientific analysis indicates compromised muscle energy metabolism and decreased ATP production in tender points are present in fibromyalgia.⁷ Magnesium is involved in the production of ATP in the mitochondria to support energy production.³ A daily dose of 600 mg of magnesium has been shown to assist in the management and symptomatic relief of fibromyalgia, including symptoms such as pain and tenderness.¹ Subjects reported a significant improvement in fibromyalgia pain within 48 hours of magnesium supplementation.⁸
- **Muscle relaxation, cramps and spasm relief:** Two mechanisms by which magnesium may induce muscle relaxation are; a suppression of the excitability of the muscle fibre membrane via acetyl choline inhibition and transportation of calcium out of the muscle fibre to inhibit muscle contraction and allow relaxation.⁹
- **Migraines:** Magnesium supplementation at a dose of 600 mg per day has been clinically shown to significantly decrease migraine frequency by 41.6% compared to the placebo group of 15.8%.¹⁰ Magnesium is involved in the control of NMDA glutamate receptors which regulate cerebral blood flow and play a role in pain transmission within the nervous system.¹¹
- Ingredients

Each 7.0 g dose contains:

Magnesium amino acid chelate	3g
(Meta Mag [®] - Magnesium bisglycinate)	
Equivalent Magnesium	300mg
Taurine	600mg
Glutamine	500mg
Ascorbic acid (Vitamin C)	300mg
Calcium hydrogen phosphate	269mg
Equivalent Calcium	63mg
Potassium phosphate – monobasic	182mg
Equivalent Potassium	52mg

Acetyl levocarnitine hydrochloride 118mg
(N-Acetyl-Carnitine)

Pyridoxine hydrochloride (Vitamin B6) 50mg

Nicotinamide (Vitamin B3) 50mg

Thiamine hydrochloride (Vitamin B1) 30mg

Riboflavin (Vitamin B2) 1.9mg

Chromium nicotinate 250ug

Equivalent Chromium 25ug

Cyanocobalamin (Vitamin B12) 250ug

Selenomethionine 62.5ug

Equivalent Selenium 25ug

µg = micrograms

- Excipients: Malic acid, flavours (nature identical raspberry, pineapple, strawberry), citric acid - anhydrous, silica - colloidal anhydrous and steviol glycosides.
- **Fructose free:** All Fibroplex Plus flavours are free from fructose and suitable for people who are fructose sensitive.
- Free from dairy protein, lactose, eggs, gluten, wheat, nuts, soy protein and salt. Free from artificial colours, flavours and preservatives. Sweetened with steviol glycosides.

3) Flex (Urban Muscle)

Urban Muscle Flex

The world's strongest joint support formula with a whopping **2400mg of Glucosamine per serve!**
We've also added the key ingredients Chondroitin(600mg), MSM(910mg) and Vitamin C.

Whether you're a runner, weight trainer, fighter or any other athlete Urban Muscle's Flex can provide some serious joint support. Don't put up with sore joints any longer! Start on Flex today and feel the difference.

Delicious mild Lemon flavour.

Urban Muscle's FLEX uses only the highest quality pharmaceutical grade ingredients. This ensures optimum results from this Super Strength joint formula!

Product of Australia.

Formulated supplementary sports food. Flex is not a sole source of nutrition and should be taken in conjunction with a nutritious diet and exercise plan. Not to be taken by pregnant women or children under the age of 15. Store in a cool, dry place.

Nutritional Information

Servings per Container: 500g - 111 serves

1 - 2 Servings per day

	PER SERVE 4.5g	PER 100G
Energy	7kj (2cal)	162kj (39cal)
Protein	0.0g	0.5g
Fat - Total	0.0g	0.0g
- Saturated	0.0g	0.0g
Carbohydrates - Total	0.1g	2.2g
- Sugars	0.1g	1.5g
- Lactose	0.0g	0.0g
Sodium	0mg	1mg
Vitamin C	13.2mg	294mg
Glucosamine HCL	2400mg	53.3g
Chondroitin Sulphate	600mg	13.33g
MSM	910mg	19.99g

Ingredients: Glucosamine Hydrochloride (Contains Crustacea and Fish), Methyl Sulphonyl, Methane Powder, Chondroitin S

ulphate (Contains Fish), Food Acid,(330,331), Dextrose, Flavour, Sucralose, Vitamin C

REFERENCE SOURCES:

Professor Barry Finnin B Pharm,PhC,PhD,FFs ESSENTIAL GUIDE TO AMINO ACIDS

Metegenics research laboratories

Dr.Matt Bambling Bio chemist (research scientist)

Note: all prescriptions for amino acids, and naturopathic medicines, even though they are natural occurring products require prescription advise by the Healy's health Team and Dr.Matt Bambling (research bio chemist and psychologist) is Healy's Team oversight in all natural medicines, amino acids and Healy's recommended product range. periodically our Consultant Dr of Chiropractic Dr.Marshall Montgomery has input and recommendations in some formulations for better outcomes for Healy's patients and clients.