

Pure Action™ Flex Energy™ capsules

Directions: As a dietary supplement, take one (1) or two (2) capsules one (1) to three (3) times daily before athletic activity or as directed by your physician.
FOR BEST RESULTS take Flex Energy™ capsules prior to physical activity.

Supplement Facts:

Serving Size 3 Capsules

	Amount Per Serving	% Per Serving
Calcium (Citrate)	23mg	2%
Flex Energy™ Blend	1050mg	*
Black Cohosh (root), Chinese Thoroughwax (Chai Hu) (Bupleurum chinense) (root), Ginger (root), Stinging Nettle (leaf), Yucca (root), Alfalfa (juice concentrate), Astragalus (Huang Qi) (root), Giant Horsetail (shoots) Lungwort (Sticta pulmonaria) (lichen), Queen of the Meadow (root), Wood Betony (herb)		
Octacosanol	280mcg	*
Inosine	120mg	*

* Daily Value not
established

Other Ingredient: Gelatin (capsule)

Pure Action™ Flex Energy™ capsules have been designed to help the body to resist rapid catabolic breakdown of soft tissue such as muscles, ligaments and tendons. When these tissues begin to stress too rapidly, injury can occur. Lactic acid builds up too rapidly and makes it more likely that an injury may happen. By using Flex Energy™ capsules, the body becomes more able to "pace" itself making injuries less likely and enabling it to work more efficiently and for a longer time. Although these capsules are designed for those who may be involved in strenuous exercise or work, anyone can benefit from these nutrients. Those who may wish to go for a vigorous or leisurely walk or those who may like to work in the garden will enjoy the increased flexibility that these ingredients provide. Even people who have to sit for extended periods of time in a car or at a computer may find that their muscles become stiff and tired more quickly and will profit from the use of this supplement.