

OMNiflex

FLEX VITAL



DIRECTIONS FOR USE

Take 25 ml once a day. Shake before use.

INGREDIENTS

Purified water; sucrose; fructose; hydrolysed marine collagen (**from fish**); N-Acetyl-D-Glucosamine (**from crabs**); chondroitin sulfate; L-ascorbic acid; orange flavour; acidity regulator: citric acid; sodium hyaluronate; preservative: potassium sorbate; thickener: xanthan gum; manganese gluconate.

CONTAINS IN A RECOMMENDED DAILY DOSE

	25 ml	% *NRV
COLLAGEN	2000 mg	-
GLUCOSAMINE	1000 mg	-
CHONDROITIN	500 mg	-
HYALURONIC ACID	50 mg	-
VITAMIN C	80 mg	100
MANGANESE	2 mg	100

*NRV = recommended intake. - = NRV is not determined.

WARNING

It is not recommended to pregnant and nursing women.

NOTES

Keep out of reach of young children.

Recommended daily dose should not be exceeded.

Food supplement is not a replacement or a substitute for a balanced diet. Balanced and varied diet and a healthy way of life are important for health.

STORAGE

Keep below 25° in a dry place.

NET QUANTITY

500 ml

 **Yasenka**

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ONLY FOR HEALTHCARE PROFESSIONALS

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FLEX VITAL

- ⊕ COLLAGEN
- ⊕ GLUCOSAMINE
- ⊕ CHONDROITIN
- ⊕ HYALURONIC ACID
- ⊕ VITAMIN C
- ⊕ MANGANESE



EASE OF *movement*



MODERN WAY OF LIFE

Although joint pain is mostly attributed to ageing, the truth is it is the result of unhealthy way of life. This isn't surprising considering that modern way of life includes a growing problem of obesity, unhealthy diet, inactivity, stress and sedentary way of life, which affects health in general. All these factors also have a negative influence on the health of our joints which age and deteriorate more rapidly, which has a long-term influence on the quality of everyday life.

Although joints and cartilage inevitably wear down with time, a healthy diet, moderate physical activity and food supplements can greatly help preserve joints.

Structure of a true joint - synovial joint (has the ability of free movement, synovial membrane and synovial fluid):

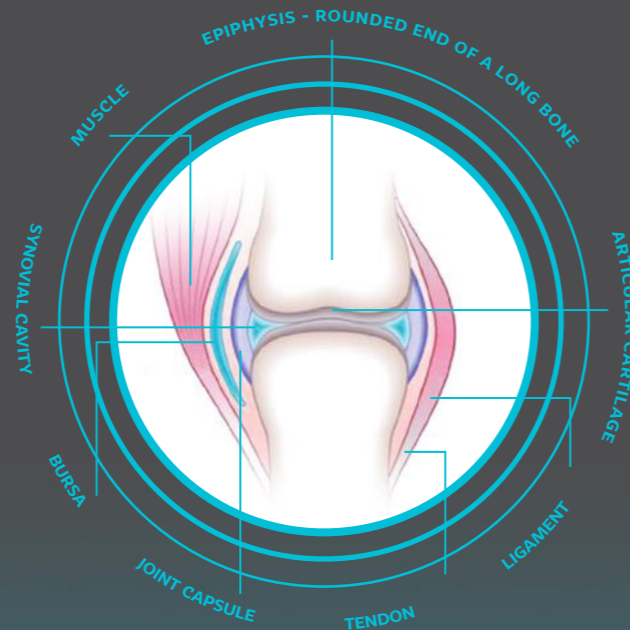
Articular cartilage is found on the end of bones which are articulated and forms articulate surface - *facies articularis*. It has no blood vessels or nerves and the only source of nourishment is provided by synovial fluid.

Articular membrane envelops the entire joint and binds with its edges for ends of articular head. It bounds and protects articular cavity and articular heads, and is made of two layers: **membrana fibrosa** (*stratum fibrosum*) and **membrana synovialis** (*stratum synoviale*).

Membrana fibrosa is made of dense connective tissue (densely arranged collagen fibres) and it gives the articular membrane its firmness and elasticity.

Membrana synovialis is made of thin, well-perfused connective tissue. Synovial membrane is wide and it forms creases and uvulas. They fill out articular cavity and include blood vessels, nerves and fat cells. On the inner surface there is a special epithelium which excretes clear articular fluid (**synovial fluid**). Synovial fluid nourishes articular cartilage, lubricates joint surfaces and eases sliding between them.

Articular cavity is capillary space between joint surfaces, enveloped with articular membrane.



IMPACT OF LOAD AND YEARS ON JOINT HEALTH

LOAD:

SPORT
LONG DRIVES
HARD PHYSICAL LABOUR
STANDING
SEDENTARY WAY OF LIFE
OBESITY

DAMAGE:

STRETCHING AND BREAKING OF COLLAGEN FIBRES
REDUCED SYNTHESIS OF SYNOVIAL FLUID
REDUCED SYNTHESIS OF HYALURONIC ACID
DEVELOPMENT OF INFLAMMATORY PROCESSES

CHONDROITIN SULPHATE is glycosaminoglycan, natural component of cartilage.

- chondroitin contributes to protection of healthy cartilage against premature deterioration by ensuring formation of synovial fluid in joints
- synovial fluid is basic substance which nourishes joints and protects them against mechanical damage

GLUCOSAMINE

- provides building blocks to joints
- is the main component of most proteoglycans (heparin, keratan sulfate, hyaluronate) which build numerous tissues and organs in the human body - bones, skin, nails, hair
- necessary for construction and maintenance of connective tissue, particularly cartilage
- together with glucuronic acid, N-Acetylglucosamine forms hyaluronic acid, fluid which lubricates joints

HYALURONIC ACID

- hyaluronic acid is also found in synovial membranes surrounding every joint which excrete viscose synovial fluid which lubricates the surface of joints, enabling their free movement
- it is found in every bone, joint, connective tissue and cartilage structure in the whole body

Cartilage protects bone surface from damage, and also absorbs load during movement

Role of cartilage is:

- to enable smooth sliding of ends of bones one at the other in the joint
- to reduce friction and pressure between their ends during movement

VITAMIN C

- contributes to normal formation of collagen for normal function of cartilage and bones

MANGANESE

- contributes to normal formation of connective tissue and maintenance of normal bones

COLLAGEN

- main protein component of skin, bones and cartilage
- represents around 80% of total bone protein, around 95% is Type I
- binds bones in joints
- builds membranes around organs and separates them
- binds skin with structures underneath them
- envelops muscles and separate muscle groups
- correct synthesis of collagen, binding and decomposition are crucial for bone homeostasis

TAKE CARE OF YOUR JOINTS, NOURISH YOUR CARTILAGE

Degenerative process of joints starts in the articular cartilage. Due to ageing of the body and/or presence of risk factors, collagen or building fibres start to break on cartilage surface and it loses its smoothness. Lubrication by synovial fluid is not sufficient to smooth the uneven surface of cartilage and every overload and movement additionally damages the superficial layer.

OMNIFLEX

FLEX VITAL

NATICOL HYDROLYSED COLLAGEN 2000 mg
GLUCOSAMINE 1000 mg
CHONDROITIN 500 mg
HYALURONIC ACID 50 mg
VITAMIN C 80 mg
MANGANESE 2 mg

COMBINATION OF INGREDIENTS WHICH RESTORE FLEXIBILITY OF YOUR KNEES AND PROVIDE NUTRIENTS FOR ALL JOINTS IN THE BODY

OMNIFLEX Flexvital liquid food supplement contains a combination of active substances: collagen, glucosamine, chondroitin and hyaluronic acid which are naturally present in the body and have an important role in the structure and protection of connective tissue. It also contains 100% of the recommended daily intake of vitamin C and manganese which contribute to normal formation of connective tissue and maintenance of normal bones and normal formation of collagenase for normal cartilage function.

VITAMIN C CONTRIBUTES TO NORMAL COLLAGEN FORMATION FOR NORMAL FUNCTION OF CARTILAGE AND BONES.

MANGANESE CONTRIBUTES TO NORMAL FORMATION OF CONNECTIVE TISSUE AND MAINTENANCE OF NORMAL BONES.

VITAMIN C AND MANGANESE CONTRIBUTE TO PROTECTION OF CELLS AGAINST OXIDATIVE STRESS.

