

# ***Flex-H.A.<sup>TM</sup>*** ***Hyaluronic Acid*** **Joint Health**



**Flex-H.A.<sup>TM</sup>**, supplies 30 mg of *non-animal source* hyaluronic acid in each tablet.

## ***Functions:***

As joints age, hyaluronic acid, the fluid that provides lubrication between joints and connective tissue, begins to break down.

**Hyaluronic acid** is a large polysachharide found in connective tissue. HA forms large, bulky molecular chains that allow joints to move smoothly and provides a cushion between the joints. Over time, this fluid begins to lose its bulkiness and often leaks from the joints, with the resulting friction causing discomfort.

While much of the medical focus has been on alleviating the inflammation of aging joints, newer technologies focus on supplanting the aging fluid with newer fluid. The use of injected hyaluronic acid for aging joints is already sanctioned by the American College of Rheumatology. However, since the inconvenience and discomfort of injections can often keep patients from seeking this procedure, new research has focused on using oral forms of hyaluronic acid.

Initial (but as of yet unpublished) studies on horses and humans indicate that the oral form of HA may be useful for joint health. While more studies are needed to determine the mechanism of action and absorption of HA from the blood, the initial studies indicate a potential use for oral HA in joint health.

Hyaluronic acid has been nicknamed by the press as the "*key to the fountain of youth*" because it has been noted that at least some people who ingest a lot of it in their diets tend to live to ripe old ages. ABC News had a show on a village in Japan and hyaluronic acid entitled, "The Village of Long Life: Could Hyaluronic Acid Be an Anti-Aging Remedy?". (It should be noted that the people in the ABC news show were thought to get high amounts of HA from starchy root vegetables their natural diets. They were not taking supplements.)

## ***Indications:***

Flex-H.A.<sup>TM</sup> may be a useful dietary supplement for individuals wishing to support healthy joint function.

## **Suggested Use:**

Adults take 1-2 tablets daily or as directed by your Health Care Professional.