



## Nature Made TripleFlex FACT SHEET

### What is Nature Made TripleFlex?

Nature Made TripleFlex is a line of non-prescription joint health products that may help nourish, cushion and strengthen their joints without any significant side effects.

### The TripleFlex Line-Up

#### TripleFlex Triple Strength:

Combines glucosamine, chondroitin and MSM in one convenient, triple strength formula. TripleFlex Triple Strength contains:

- Glucosamine:** nature's basic building block for maintaining and rebuilding joint cartilage
- Chondroitin:** a naturally occurring nutrient found in the connective tissues, which lubricates and cushions joints
- Methylsulfonylmethane (MSM):** is a natural source of dietary sulfur. It plays an important role in maintaining elasticity and flexibility of the connective tissue that make up the joints

#### TripleFlex 50+:

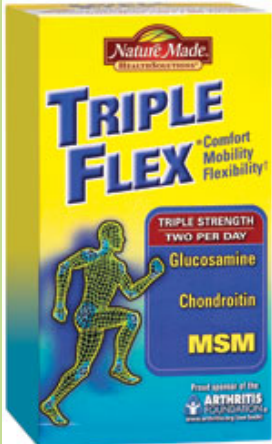
Specially formulated for people over 50 to rebuild and maintain cartilage, while providing the nutrients needed for building and maintaining strong bones. TripleFlex 50+ contains:

- Glucosamine:** nature's basic building block for maintaining and rebuilding joint cartilage
- Chondroitin:** a naturally occurring nutrient found in the connective tissues, which lubricates and cushions joints
- Calcium + vitamin D:** responsible for building and maintaining strong bones and teeth, but is also important in many enzymatic reactions in the body. Calcium supplementation is a key factor in helping to prevent osteoporosis.

#### TripleFlex Rapid Relief:

A fast acting breakthrough supplement that is formulated to deliver joint comfort in as little a seven days. TripleFlex Rapid Relief contains:

- Glucosamine:** nature's basic building block for maintaining and rebuilding joint cartilage
- Methylsulfonylmethane (MSM):** is a natural source of dietary sulfur. It plays an important role in maintaining elasticity and flexibility of the connective tissue that make up the joints
- An all-natural proprietary blend with white willow bark and ginger root** formulated to naturally ease joint discomfort in as little as seven days





### Scientific Support for TripleFlex Ingredients:

Years of science support the ingredients used in TripleFlex products. Some key research includes:

- A 202 patient, 3-year, randomized, placebo-controlled, double-blind study demonstrated that glucosamine retards the progression of cartilage damage.[\[1\]](#)
- Glucosamine and chondroitin have been shown to enhance the protective response of chondrocytes, the cells that form cartilage, and may improve cartilage health.[\[2\]](#)
- Three clinical trials reported that MSM at doses of 2250 mg/day[\[3\]](#) and 1500 mg/day[\[4\]](#) and 6000 mg/day[\[5\]](#) reduced joint discomfort.
- Four clinical trials on white willow bark with a standardized 15% salicin content found both 240 and 120 mg doses salicin/day effective for joint discomfort relief.[\[6\]](#)[\[7\]](#)[\[8\]](#)[\[9\]](#)

### Dosage:

The Nature Made recommended daily dose of TripleFlex is two tablets daily with a meal. The tablets can be taken together or separately throughout the day.

### Contraindications and Side Effects:

- Nature Made recommends individuals allergic to shellfish do not take this product
- Consumers should not take TripleFlex Rapid Relief if pregnant, nursing or allergic or sensitive to aspirin. People taking a blood thinning medication should first consult their health care professional.
- Glucosamine and chondroitin have no significant side effects.[\[10\]](#) They may safely be used in combination with over-the-counter and prescription NSAIDS and anti-inflammatories.

### Where To Buy Nature Made TripleFlex:

The TripleFlex line can be found at club, discount, drug and grocery retailers nationwide, including Costco, Sav-On, Target and Walgreens.

- TripleFlex Triple Strength is available in 60-count tablets, for a suggested retail price of \$18.99.
- TripleFlex 50+ is available in 60-count tablets for a suggested retail price of \$15.74.
- TripleFlex Rapid Relief is available in 60-count tablets for a suggested retail price of \$21.99.

### Why Nature Made TripleFlex?

The Nature Made TripleFlex family is trusted by more than a million Americans and works with your body to naturally improve joint comfort, mobility and flexibility. It does this by replenishing the body with critical nutrients needed for daily maintenance and renewal of the joints without any significant side effects.

TripleFlex is committed to supporting the Arthritis Foundation in helping people with arthritis enjoy active, mobile lives through education and research. That's why TripleFlex is a proud sponsor of The Arthritis Walk of the Arthritis Foundation. To learn more and get involved in the Arthritis Walk, call 1-800-283-7800, visit [www.Arthritis.org](http://www.Arthritis.org) or [www.TripleFlex.com](http://www.TripleFlex.com).





#### Consumer Questions:

Consumers, pharmacists or other health professionals can learn more about Nature Made TripleFlex by calling the Nature Made information hotline, 1-800-276-2878, Monday through Friday from 7 a.m. to 4 p.m. PT or by visiting [www.NatureMade.com](http://www.NatureMade.com).

#### Regulation of TripleFlex:

Nature Made TripleFlex is regulated by the U.S. Food and Drug Administration.

#### Media Contacts:

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#### References

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