

ITEM NO.: 18514

CONTENTS: 90 SOFTGELS

## ACTIVE & MOBILE

There are hundreds of joints in the human body and all your joints are designed to work together to help you move with ease. Millions of people lose joint mobility and flexibility at some point in their lives and suffer from joint problems and pain. These problems can prevent full participation in many of life's daily activities.

The human skeletal system consists of many different parts: bones, joints, ligaments, cartilage, muscles, tendons, etc. There are 200 individual bones that are connected by joints which allow your rigid skeleton to move. The joint surface is covered by cartilage to protect the bones from friction.

Most of your joints are 'synovial joints'. They are movable joints containing a lubricating liquid called synovial fluid. Synovial joints are predominant in your limbs where mobility is important. Ligaments help provide their stability and muscles contract to produce movement.

CM Plex® capsules contain a blend of cetyl esters and natural oils (such as salmon and soy oil) which is believed to provide joints with essential nutrients

Cetyl esters such as Cetyl Myristoleate have been reported to have joint-lubricating and anti-inflammatory qualities, decreasing the morning stiffness and pain in joints markedly

Salmon oil is a source of Omega 3 fatty acids (DHA and EPA) which are believed to contribute to the normal function of the heart

Soy oil contains alpha-linolenic acid, which is believed to contribute to the maintenance of normal blood cholesterol concentrations

## BENEFITS

- ✓ Patented mix of cetylated, esterified fatty acids .
- ✓ Fast acting and natural approach to inflammation.
- ✓ Clinically proven to support range of motion and knee flexing.
- ✓ Clinically proven to reduce temporary pain and discomfort.

## RECOMMENDED USE

Take 1 – 2 CM Plex® capsules with water 3 times daily at meal times.

## INGREDIENTS

Cetyl myristate, cetyl myristoleate, cetyl palmitoleate, cetyl laurate, soy oil, salmon oil, gelatin, glycerin and locust bean gum.



## CM PLEX

### AMOUNT PER SERVING

### %DAILY VALUE\*

C.M. PLEX PROPRIETARY BLEND

700mg

CETYL MYRISTATE, CETYL MYRISTOLEATE ( AND OTHER CETYL ESTERS)

DAILY VALUE NOT ESTABLISHED

## REFERENCES

Hesslink et al, "Cetylated fatty acids improve knee function in patients with osteoarthritis," Journal of Rheumatology (2002) 29, 1708-1712.  
Kraemer et al, "Effect of a Cetylated Fatty Acid Topical Cream on Functional Mobility and Quality of Life of Patients with Osteoarthritis," Journal of Rheumatology (2004) 31, 767-774.