



# SYNOVERA<sup>®</sup>

## JOINT SUPPORT

### FORMULA<sup>®</sup>



**Synovera<sup>®</sup>** is a comprehensive formulation of clinically proven ingredients, including BioCell Collagen<sup>®</sup>, AyuFlex<sup>®</sup>, Curcumin C3 Complex<sup>®</sup>, BioPerine<sup>®</sup> and AprèsFlèx<sup>®</sup> developed to support and protect healthy joints, ligaments, tendons, synovial tissue and cartilage.\*

Synovera does not utilize unnecessary or unhealthy fillers, binders or excipients that are found in lesser quality supplements. It does not contain phthalates, gluten, dairy, shellfish, artificial colors or flavors. Synovera is manufactured in a GMP facility, ensuring consistent efficacy and premium quality.

**AyuFlex<sup>™</sup>** AyuFlex<sup>®</sup> is a clinically proven, natural ingredient for joint health. AyuFlex is derived from the edible fruits of the *Terminalia chebula*, an ancient Ayurvedic plant, and standardized to high levels of the bioactives, chebulinic and chebulagic acids.<sup>1\*</sup>

AyuFlex is scientifically supported by randomized, double-blind, placebo-controlled studies. One study of 105 overweight subjects shown to have knee discomfort after exercise or activity showed significantly improved markers when supplementing with Ayuflex as compared to a placebo group. Results after 84 days of supplementation included the following significantly improved markers:

- mKOOS global scores (modified-Knee Injury & Osteoarthritis Outcomes Score).
- mWOMAC (modified Western Ontario and McMaster Universities Arthritis Index) subscales of total and physical function.
- VAS (Visual Analog Scale) scores for knee discomfort with activity/exercise, whole-body joint function, and decreased knee joint soreness following leg extension challenge.
- VAS scores for discomfort post 6 minute walk.



The authors of the study concluded supplementation with AyuFlex improves knee and overall joint health and functional capacity outcomes in otherwise healthy subjects with exercise/activity-dependent knee discomfort. They noted the data also suggests that benefits may extend beyond knee joints to include overall whole-body joint and spine health.<sup>2\*</sup>

1. New Hope Network, Informa Markets, a trading division of Informa PLC newhope.com, "Natreon introduces Ayurvedic Ayuflex" ©2019

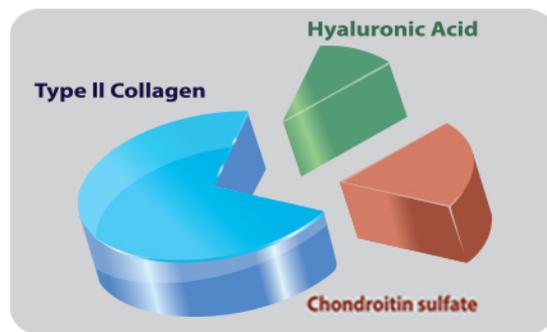
2. Lopez, H.L., Habowski, S.M., Sandrock, J.E. et al. Effects of dietary supplementation with a standardized aqueous extract of Terminalia chebula fruit (AyuFlex<sup>®</sup>) on joint mobility, comfort, and functional capacity in healthy overweight subjects: a randomized placebo-controlled clinical trial. BMC Complement Altern Med 17, 475 (2017) doi:10.1186/s12906-017-1977-8

**BioCell Collagen<sup>®</sup>** BioCell Collagen<sup>®</sup> is a science based, clinically tested dietary ingredient that promotes active joints, youthful looking skin, and healthy connective tissues. Unlike other collagen and hyaluronic acid ingredients on the market, BioCell Collagen contains a patented composition of naturally occurring hydrolyzed collagen type II, chondroitin sulfate, and hyaluronic acid in a highly absorbable matrix form that has been the subject of numerous human clinical trials including those for safety, efficacy, and bioavailability.<sup>3\*</sup>

BioCell Collagen uses a patented Bio-Optimization<sup>™</sup> process which ensures remarkable bioavailability as well as rapid absorption into the body. More than 20 clinical studies including five human clinical trials on BioCell Collagen support its effectiveness and safety in promoting joint health and skin beauty. The unique synergy of hydrolyzed collagen type II, low molecular weight hyaluronic acid and chondroitin sulfate offers multi-dimensional nutritional support for the health of connective tissues such as joints, tendons, ligaments and skin.<sup>3\*</sup>

Utilizing a patented and highly absorbable matrix form of natural ingredients, BioCell Collagen has a comprehensive approach to joint health, one that not only targets cartilage, but the related tendons, ligaments, and synovial tissues.

Results from human clinical trials on 185 men and women showed BioCell Collagen safely improved joint comfort, mobility, and quality of life.<sup>3\*</sup>



### BioCell Collagen Joint Health Benefits:

- Supports joint function by strengthening cartilage and joint structure.\*
- Helps promote joint lubrication by replenishing the synovial fluid.\*
- Helps to rebuild cartilage.\*
- Protects tendons and ligaments during and after intense exercise.\*

3. BioCell Technologies, LLC www.biocellcollagen.com/benefits ©2019



Turmeric (*Curcuma longa*) is one of the most revered plants in the world. Originating in the Indian subcontinent, the popularity of turmeric goes back almost 2500 years to the ancient texts of Ayurveda that described the benefits of plant. Today it is used worldwide as a natural medicine, spice, and even as a cosmetic ingredient. For the past decade it has been one of the most recommended natural supplements by doctors, nutritionists, and health food stores. Millions use it each day as an alternative to synthetic medications for a variety of ailments, including pain and inflammation.\*

The Curcumin C3 Complex® in Synovera is obtained from the dried rhizomes of turmeric and standardized to a minimum of 95% curcuminoids. The name "C3 Complex" is in reference to its three main chemical compounds - curcumin, demethoxycurcumin (DMC) and bisdemethoxycurcumin (BDMC), known collectively as "curcuminoids". The method of use and the extraction process of these curcuminoids is patented by the makers of C3 complex.

Considered the "gold standard" of turmeric extracts, Curcumin C3 Complex is the most extensively studied and clinically documented mixture of curcuminoids available today.<sup>4\*</sup>

**AprèsFlex** *Boswellia serrata* is a gum resin extracted from a tree native to India that has been used for its medicinal properties for centuries. Studies show that taking the extract can significantly reduce chronic pain and improve mobility. In fact, research shows that it may decrease joint pain by 32% to 65%.<sup>6</sup> *Boswellia* extracts also help to protect against collagen degradation.<sup>7\*</sup>

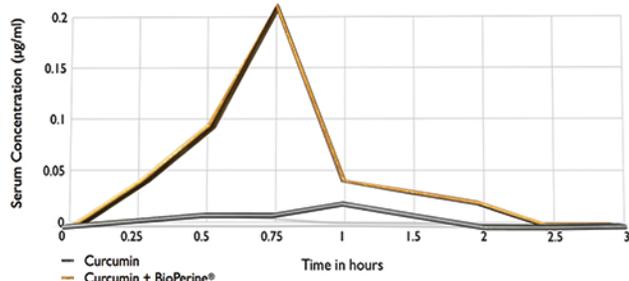
AprèsFlex® is the next generation of *Boswellia* extracts. The proprietary standardization process used in ApresFlex creates a compound that's able to be absorbed into the blood up to 52% more than previously available *Boswellia* extracts.<sup>8</sup>

There are six *Boswellic* acids, of which AKBA is considered the most active and most powerful. ApresFlex has been standardized to have a minimum concentration of 20% AKBA, which is 5-10 times more than standard *Boswellia* preparations. This results in a more bioavailable formulation that works faster, is stronger, and has longer lasting effects.\*

The *Boswellic* acids in ApresFlex work by inhibiting a proinflammatory enzyme called 5-lipoxygenase (5-LOX). 5-LOX inhibitors such as AKBA follow a distinctly different pathway than COX-2 inhibitors, and therefore do not exhibit the negative side effects that have often been associated with COX-2 inhibitors.<sup>8\*</sup>

AprèsFlex also effectively inhibits MMP-3 activity, helping to protect against collagen degradation, an important component of connective tissues.<sup>8\*</sup>

**BIOPERINE®** BioPerine® is a patented extract obtained from black pepper fruits (*Piper nigrum*) standardized to a minimum of 95% piperine and is used as a bioavailability enhancer. It was shown in a clinical study to increase the bioavailability of curcumin by 2000% compared to bioavailability of curcumin alone.<sup>5\*</sup>



**Suggested Use:** Take 2 capsules twice daily with meals.

### Supplement Facts

| Serving Size: 2 Capsules   | Amount Per Serving | %DV |
|--|--------------------|-----|
| BioCell Collagen®<br>(Proprietary Chicken Sternal Cartilage Extract)   | 500 mg             | **  |
| Hydrolyzed Collagen Type II  | 300 mg             | **  |
| Chondroitin Sulfate  | 100 mg             | **  |
| Hyaluronic Acid  | 50 mg              | **  |
| Ayuflex® ( <i>Terminalia chebula</i> ) (fruit)<br>Std. to 39% tannins  | 250 mg             | **  |
| Curcumin C3 Complex® Turmeric Extract<br>( <i>Curcuma longa</i> ) Std. to 95% curcuminoids   | 150 mg             | **  |
| AprèsFlex® Indian Frankincense Extract<br>( <i>Boswellia serrata</i> ) (gum resin) std. to 20%<br>3-O-acetyl-11-keto-β-boswellic acid (AKBA) | 50 mg              | **  |
| Bioperine® Black Pepper Extract<br>( <i>Piper nigrum</i> ) (fruit)   | 10 mg              | **  |

\*\*Daily Value (DV) not established.

Other Ingredients: Vegetable Capsule (Hyppromellose), Cellulose, L-Leucine, Rice Hull Concentrate

STORE IN A COOL, DRY PLACE OUT OF REACH OF CHILDREN.

**Caution:** As with any dietary supplement, consult your healthcare provider before using this product, especially if you are pregnant, nursing, or are taking medication.

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**\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

AyuFlex® is a registered trademark of Natreon, Inc.

BioCell Collagen™, variously in name and/or design are trademarks of BioCell Technology, LLC, and are registered in the United States and other jurisdictions. (Pat. <https://biocellcollagen.com/patents>)

Curcumin C3 Complex® and BioPerine® are registered trademarks of Sabinsa Corporation.

AprèsFlex® is a registered trademark of PLT Health Solutions/Laila Nutraceuticals.

4. "Sabinsa's Curcumin C3 Complex® Identified as the Most Studied." Sabinsa Corporation News Release May 2019

5. "Research Highlights" [www.bioperine.com](http://www.bioperine.com) Sabinsa Corporation ©2019

6. WebMD LLC ©2005 - 2019 "Indian Frankincense" <https://www.webmd.com/vitamins/ai/ingredientmono-63/indian-frankincense>

7. Arthritis Foundation® ©2019 "Indian Frankincense" <https://www.arthritis.org/living-with-arthritis/treatments/natural/supplements-herbs/guide/indian-frankincense.php>

8. PLT Health Solutions / Laila Nutra ©2019 [www.plthealth.com](http://www.plthealth.com)