

Artiflexil - Complex

Active Ingredient	In daily dose (10 ml)	NRV%
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Fish collagen	500 mg	NA
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MSM (Methylsulfonylmethane)	250 mg	NA
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Vitamin C	100 mg	125
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Glucosamine	100 mg	NA
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Hyaluronic acid	5 mg	NA
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Quercetin	2.5 mg	NA
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NRV = Nutrient Reference Value for adults

NRV% = What percentage of the recommended daily intake the given dose represents

NA = No data available (not an essential nutrient, official NRV not established)

Artiflexil is a complex dietary supplement containing natural active ingredients that support the structure and function of the joints. It is designed to prevent degenerative joint issues, alleviate joint inflammation, and reduce pain. It comes in 15 drinking ampoules, each containing 10 ml.

What does Artiflexil contain?

The recommended daily dose (10 ml) contains 500 mg of fish collagen, 250 mg of methylsulfonylmethane (MSM), 100 mg of vitamin C, 100 mg of glucosamine, 5 mg of hyaluronic acid, and 2.5 mg of quercetin.

1. How does Artiflexil work?

Collagen is a fundamental material present throughout the connective tissues of the human body. Besides cartilage, it forms the structure of the skin, hair, nails, ligaments, and arterial walls, and it also helps anchor the teeth in the gums. Healthy bone formation also depends on a cartilage-based "mold." Collagen is a fibrous protein made up of amino acids, with 25 different types of collagen known. Consuming collagen provides the raw material needed for the regeneration of cartilage and joint surfaces. Collagen supplementation has a well-established role in the complementary treatment of degenerative joint diseases.

Vitamin C, in addition to its many other functions, is essential for the body to produce its own collagen. Without it, two crucial amino acids, proline and lysine, cannot be incorporated into collagen, resulting in damaged collagen that cannot perform its physiological functions properly. Vitamin C also acts as a water-soluble antioxidant, protecting the body against the harmful effects of free radicals. Many degenerative joint processes are triggered by microscopic damage caused by free radicals. Vitamin C also enhances the absorption of quercetin, a bioflavonoid antioxidant that works synergistically with vitamin C to enhance its antioxidant protective effects. Antioxidants protect all types of cells and tissues, including joint cartilage, from the harmful effects of free radicals.

MSM (Methylsulfonylmethane) is a sulfur-carrying molecule that plays a vital role in maintaining the structural integrity of connective tissues. Sulfur is needed for the formation of flexible, resilient bonds in connective tissue elements. A lack of sulfur disrupts cartilage formation and repair. Studies show that MSM has anti-inflammatory properties, making it effective for pain relief in joint inflammation.

Glucosamine is a nitrogen-containing carbohydrate that helps maintain the elasticity and water retention of connective tissues, keeping them hydrated. Since cartilage lacks a blood supply, glucosamine is essential for nourishing and supporting the metabolism of cartilage. Long-term studies have shown that glucosamine can reduce joint pain in osteoarthritis patients without side effects.

Hyaluronic acid is a large molecule carbohydrate with a high water-binding capacity, present in many tissues and organs, including the eyes, skin, bones, cartilage, and joints. In joint cartilage and membranes, it acts as a lubricant, helping to extend the healthy functioning of joints and reduce pain and inflammation. While hyaluronic acid is typically administered via injection into the joint, a placebo-controlled, double-blind clinical trial found that oral supplementation over two months was also effective. Since hyaluronic acid in the human body only has a lifespan of a few days, new hyaluronic acid must continually be produced. However, as we age, the body's ability to regenerate hyaluronic acid decreases, though supplementation can help. Aside from its use in rheumatology and orthopedics, hyaluronic acid is also employed in

cosmetics, dermatology, eye surgery, urology, and ENT (ear, nose, throat) medicine.

Dr. Endre Balázs (1920–2015), a Hungarian researcher, was a pioneer in hyaluronic acid research and patented it as early as 1942.

The active ingredients in **Artiflexil** work synergistically to promote the formation and regeneration of healthy cartilage tissue, support joint nourishment and metabolism, protect the joints from degenerative processes through their antioxidant components, and alleviate symptoms with anti-inflammatory and pain-relieving effects.

2.

Who is Artiflexil recommended for?

Thanks to its synergistic, complementary, and reinforcing effects, **Artiflexil** is particularly suitable for individuals at risk of degenerative joint diseases (such as rheumatoid arthritis or osteoarthritis), even from a young age, for preventive purposes. It is also beneficial for athletes and individuals performing heavy physical labor that stresses their joints. In cases of already developed joint diseases, it can slow the progression of the condition and help alleviate painful and inflammatory symptoms.

3.

How to use and dose Artiflexil

Mix the content of one ampoule (10 ml) with a preferred liquid (water, juice, tea, yogurt, etc.) and consume it, ideally during or after a meal. Do not mix it with alcohol or high-caffeine drinks. It can be taken at any time of day, but it's recommended to take it at roughly the same time each day. Do not exceed the recommended daily dose.

4.

Storage of Artiflexil

Store the product in its original packaging at room temperature, away from heat and sunlight. It is safe to use until the expiration date on the packaging. Once opened, the ampoule's contents must be consumed immediately. Keep out of the reach of children.

5.

Possible side effects and warnings

Artiflexil is safe to consume when used according to the instructions. No side effects are known. However, individuals allergic to fish or seafood should avoid consuming it. It is not recommended for pregnant women due to a lack of data. In cases of advanced kidney failure, **Artiflexil** should only be taken on the advice of a healthcare professional.

This product is not a substitute for a balanced diet and healthy lifestyle, nor does it replace specialized medical care and treatment.