

# JOINT SUPPORT SUPER FORMULA

Beachbody Nutritionals™  
Stand tall. Stay strong. Play hard.

Mobility and comfort are crucial for enjoying and succeeding in any fitness program—and in everyday life. Give your joints, cartilage, and connective tissue the care and protection they need to carry you through every Beachbody® workout and beyond.\*



## KEY BENEFITS\*

- Powerful blend of glucosamine, collagen type II, and methylsulfonylmethane (MSM) helps provide your body with **maximum support** for joint flexibility and cartilage function
- **Glucosamine** helps alleviate joint discomfort and improve mobility by supporting the growth of new tissue
- **Collagen Type II** is important for building and renewing cells **MSM**, which is often processed out of the healthy foods that contain it, is a compound essential for healthy bones, hair, and skin
- One of the safest and most **effective** ways to provide relief from joint wear and tear
- Contains vitamin C, a powerful **antioxidant** critical for joint health
- **Conveniently** available individually or as part of the Renewal Pack, which also contains ActiVit® Muscle Toning Multivitamin Formula and Herbal Immune Boost

## USAGE

Just two capsules a day prior to any meal. Perfect with Performance Formula to help you maximize your workouts.

## THE BEACHBODY® DIFFERENCE

Joint Support Super Formula contains **THREE** powerful ingredients to help you protect your joints with no unwanted effects so you can continue to play as light or as hard as you want . . . for life.\*

## DID YOU KNOW?

- Depending on the style of exercise you perform, your joints may bear approximately 3 times your body weight when you climb stairs or run, 7 times when you do squats, and as much as 20 times when you jump. So if you're 150 pounds, your joints may support 3,000 pounds of pressure when you jump!
- Over-the-counter (OTC) pain relievers simply mask the symptoms associated with joint pain and often cause stomach discomfort.

As with any new supplement, meal replacement, or exercise program, you should always first consult with your health care provider about your unique needs.

\*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.

