

Flex-Ability™



Classic Chinese Joint Flexibility Formula!

If one is at all active, muscle and joint health becomes an increasing issue in everyday life – especially as we age. Now ancient Chinese wisdom may help offset the ravages of physical stress and time on our muscles and joints. Combining modern convenience with herbal tradition, Planetary Formulas has made accessible one of the most classic joint and tissue flexibility support formulas used in the world today.

Introducing: Planetary Formulas FLEX-ABILITY, a classic, time-tested Chinese herbal formula now available in convenient tablet and liquid extract form.



PLANETARY



More Than Herbs – *Herbalism!*

Generations of Use

The FLEX-ABILITY™ formula is known in China as Shu Jin San. It was originally created by herbalists to enhance circulation to joint and muscle tissue areas. The formula evolved for the purpose of causing an abundance of nutrient-rich fluids to move into these areas, nourishing the tissues. Although traditionally used to support normal joint and muscle flexibility, today it is widely used in Asia either before or after strenuous hard work or exercise, often by practitioners of the martial arts and by the elderly.

Originally created as a powder, FLEX-ABILITY was more recently developed as convenient tablets and tincture.

The Flexible Herbal Option

According to traditional Chinese herbalism, the herbs in FLEX-ABILITY provide support to the bones and tendons. FLEX-ABILITY combines achyranthes root, teasel root and Angelica pubescens root, with an additional blend of gambir twigs, chaenomeles fruit, ligusticum rhizome, tien chi ginseng root, angelica root, siler root, lycii fruit, notopterygii root and dong quai root.

Combining Tradition and Convenience

Like other Planetary Formulas products, FLEX-ABILITY unites time-tested herbal traditions with modern convenience. Each is exclusively developed or selected by licensed acupuncturist and clinical herbalist Michael Tierra, L.Ac., O.M.D. A clinician since 1972, Tierra is an internationally recognized authority on herbs and best-selling author of herbal books.



Developed exclusively for Planetary Formulas by world renowned herbalist, acupuncturist, and author Michael Tierra, L.Ac., O.M.D., who has more than 30 years of clinical experience.

Ancient Herbal Wisdom

With FLEX-ABILITY tablets, Planetary Formulas further extends its line of botanical products to bring you modern herbal wisdom with ease of use.

Keep your options flexible. Supplementing your diet with Flex-Ability can help keep you active and resilient – no matter what challenges you face.

Lifestyle Recommendations

The body's joint flexibility can be further supported by regular exercise and a proper diet. Many natural health care experts recommend that consumption of highly acidic foods such as tomatoes, peppers, oranges, eggplant, caffeine, chocolate, and white flour or sugar products should be minimized.

References:

- Bensky, D. *Chinese Herbal Medicine Materia Medica*. Seattle. 1993. p. 349, 409, 423.
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Chem. Pharm. Bull. Effect of Tetramethylpyrazine (alkaloid in Ligusticum wallichii) and Ferulic Acid. 40(4), 954-56 (1992).
Tierra, M. *Planetary Herbology*. Lotus Press, WI. 1988. p 307.

Adhering to the quality control requirements and codes of ethics of:

*American Herbal Products Association
National Nutritional Foods Association*



*The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.