

# Journal of Vibrant Living

SPECIAL REPORT:

## NEW MIRACLE JOINT HEALTH BREAKTHROUGH

HELPS REPAIR  
creaky joints ...

HELPS REBUILD  
cartilage ...

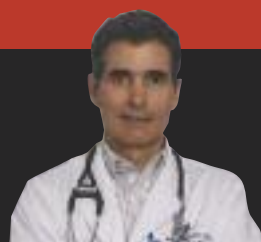
HELPS ELIMINATE  
pain ...

HELPS REDUCE  
inflammation so you can ...



## GET UP AND GO!

**Inside:** Important discovery  
by Sedona M. D.



“This is the 19-in-1 all-natural formula I’ve always wanted to offer my patients. Now, for the first time ever, it’s available to you! Try it and if you don’t get the pain relief that’s eluded you all these years, it’s FREE! Look inside for all the details ...”

Dr. Devin Mikles, M. D.

# Could your new life without joint pain begin TODAY?

The odds are 19 to 1 in your favor thanks to the new breakthrough, joint formula — **FLEX-19™**

The most comprehensive, all-natural way to flexible, pain-free joints ever invented! There's nothing like it anywhere at any price! Here's the story behind my game-changing discovery that I am confident will end your joint problems FOREVER ...

Dr. Devin Mikles, M. D.



Imagine a life without crippling joint pain. Imagine the world that would open up to you if it weren't for your failing joints. Imagine that this pain-free life could be yours without medications ... without physical therapy ... and without surgery.

**Then imagine no more!  
A life free of misery  
could be yours TODAY!**

So if you want a new freedom of movement ... if you want lasting relief from sore, inflamed, inflexible joints ... if you want to really live again, you owe it to yourself and your loved ones who are being held back by your limited mobility, to try FLEX-19™.



Call toll-free 1-800-218-1379

**Forget pill popping. Forget surgery. Forget therapy.**  
**Now there's a better way to beat the pain and get back in the game NATURALLY!**

When it comes to joint pain and degeneration, now there's a way to fight back and WIN!

For years, there was no simple fix for chronic arthritis sufferers and those with debilitating joint injuries. Many felt all they could do was live with the pain, pop pills and hope they didn't destroy their liver and kidneys in the process. Others needed extensive physical therapy just to stay mobile. Finally, those who could afford the \$20,000+ price tag, opted for saw-and-mallet surgery to replace worn-out joints with artificial ones.

I've always firmly believed—and the latest clinical research has confirmed—that given the proper nutrients, the human body has incredible power to heal and regenerate itself. That's why I developed, and personally tested, a highly- targeted, scientifically-formulated solution for my patients which combines the world's best pain-reducing and joint-building nutrients for life-long joint support in one powerhouse formula.

After years of development, I am proud and eager to introduce you to ...

(continued on the next page)

**One doctor's war against joint pain leads to a breakthrough discovery!**

**SEDONA, AZ**—Devin Mikles, M.D., Director of Choices Integrative Healthcare of Sedona has good news if you suffer from joint pain: *You don't have to put up with it any longer!*

According to Dr. Mikles, inventor of the revolutionary Flex-19 Joint Formula, "The deterioration of aging joints are caused by two factors: poor nutrition and a lack of use."

## **THE SCIENCE BEHIND FLEX-19™**

In order to maintain or regain full mobility, aging joints must be exercised and they must be "fed" the right nutrients in the proper dosage. What's more, since there's NO direct blood supply to your cartilage, your joints can only absorb nutrients from the fluid that surrounds them.

After many years of scientific research, and dealing with a painful back issue himself, Dr. Mikles has helped formulate the most comprehensive, broad-spectrum joint nutrition formula ever developed. Conventional joint products normally include one to three ingredients and bring limited and inconsistent results.

## **THE FIRST COMPLETE JOINT SOLUTION EVER!**

FLEX-19™ synergistically combines 19 targeted ingredients into one proprietary compound unlike any other on the market. It's the first formula scientifically developed to be a complete joint solution, combining the best-of-the-best, proven ingredients into a single once-daily dosage.

Call toll-free 1-800-218-1379

Now Available!

# FLEX-19™

The most comprehensive, broad-spectrum joint formula on the market!

The 19 super nutrients in this formula help support and promote healthy joint function in 7 distinct ways:

1. **PROMOTE JOINT REPAIR** to support increased joint stability and range of motion.
2. **REDUCE PAIN**, stiffness and swelling adding greater mobility and ease of movement.
3. **PROTECT YOUR CARTILAGE** or spongy soft tissue from future destruction.
4. **LUBRICATE YOUR JOINTS** for added flexibility.
5. **REBUILD YOUR CONNECTIVE TISSUE** in the joints for added strength.
6. **REMOVE CELLULAR WASTE** that builds up in your joints and causes pain and restriction.
7. **DEFEND JOINTS** and connective tissue from increased free radical attack.



## FLEX-19™ – nature's way to REDUCE or ELIMINATE joint pain and RESTORE the freedom of movement – even if you suffer from osteoarthritis (OA)

Arthritis literally means “inflammation of a joint.” This inflammation causes swelling, stiffness, and the destruction of cartilage. It all results in constant pain, loss of flexibility, and physical limitations.

Medical researchers used to think that the gradual breakdown of cartilage did not begin until old age. But now they believe that osteoarthritis begins its relentless destruction when you're still in your 30s or even 20s.

According to the Centers for Disease Control and Prevention, an estimated 50 million U.S. adults (about 1 in 5) report doctor-diagnosed arthritis.

But you don't have to be one of those hobbled forever ...

(continued on page 6)

From hobbled ...



to highflying!



In 2002, according to the Time Magazine article, there were 20 million Americans who had doctor-diagnosed osteoarthritis.

The prediction then was this:

By 2020, that number is expected to double to 40 million.

# Your second lease on a pain-free life is possible without surgery or medications!

## BAD KNEES? READ THIS BEFORE YOU DECIDE TO GO UNDER THE KNIFE!

Don't let anyone kid you; knee replacement surgery is a major ordeal. First, an 8 to 10-inch cut is made in the front of the knee. The damaged part of the joint is removed from the surface of the



bones, and the surfaces are then shaped to hold a metal or plastic artificial joint. The artificial joint is attached to the thigh bone, shin and knee cap with cement.



You should know that not every implant goes smoothly. Ten percent of patients will suffer from infection, fracture, stiffness, instability, premature wear and loosening and will require REVISION surgery in 5 to 10 years to "fix" their first surgery.

So don't risk this procedure unless you absolutely have to. Try FLEX-19™ first. It's specially formulated with several critical ingredients including Glucosamine Sulfate, MSM, Devil's Claw Root, Sea Cucumber and Boswellia -- all proven to help reduce knee pain, swelling, and stiffness as it improves overall knee function!

Each year doctors in the U.S. perform 500,000 knee replacements which routinely offer NO permanent relief and ... 175,000 painful and costly hip replacements which is a POTENTIALLY DANGEROUS PROCEDURE because of your risk of blood clotting, infection, and stroke. In fact, hip replacements are expected to increase 174% in the next 20 years, and knee replacements will rise even more – 673%, according to a study presented at the American Academy of Orthopedic Surgeons' 2006 annual meeting.

But here's the really good news:

**By using FLEX-19™ on a regular basis to give all your joints the best possible targeted infusion of nutrients, you may be able to dodge joint replacement surgery ... FOREVER!**

After decades of research and being in private practice – I have formulated a 19-in-1, all-natural joint formula that's so potent it should only be used by men and women who are serious about not letting pain take over their daily lives. Is that who you are?

If so, then you'll want to try FLEX-19™ – RISK FREE – for as long as you require. I can only make this generous offer because I have every confidence that FLEX-19 will change your life for the better and will soon be the standard by which all other joint formulas will be measured.

**CALL TO FIND OUT HOW TO GET YOUR FREE SUPPLY TODAY!**

## Painful joints are starved for good food!

What medical science has learned in the last ten years is that cartilage in the joint spaces is different from other tissues in the body. There is NO blood supply to your cartilage, and as a result, NO direct supply of nutrients. Your cartilage must absorb nutrients from the fluid that surrounds it, through a process known as IMBIBITION, which mimics the action of a sponge, pushing those essential nutrients such as blood, oxygen, vitamins and minerals into the joint space.

The latest research shows that – apart from the wear and tear – your joints develop pain because they fail to get the proper blood circulation, thus hindering nutrient supply to the joints.

## INTRODUCING FLEX-19™



**THE FIRST COMPLETE JOINT SOLUTION THAT DELIVERS ALL THE NUTRIENTS YOU NEED TO FEED YOUR JOINTS AND HELP KEEP THEM HEALTHY AND PAIN-FREE FOR LIFE!**

## CAUTION: The hidden dangers of NSAIDs!



Most doctors will prescribe multiple over-the-counter drugs for patients who come to them with chronic joint pain. The problem with these medications is they only mask the pain, while causing irreversible damage to the body. Don't risk permanent health issues to gain limited pain relief—especially when Flex-19 may be able to solve your joint problems without side effects.

**WHO NEEDS TO RISK THIS MUCH TO GAIN A LITTLE RELIEF?**

Call toll-free 1-800-218-1379

# “Flex-19™

*is the first complete joint solution that delivers all the superfood nutrients you must have to feed your joints and keep them strong, healthy and lubricated from this day forth!”*

Dr. Devin Mikles, M. D.



Most joint formulas contain 1 or 2 ingredients and a few offer 6 or 7 – but even then the dosage amounts of the ingredients are so small they are unable to bring about a health change. But I made sure that FLEX-19 is very different from all the other joint formulas on the market—and much more effective.

I selected the 19 ingredients based on my experiences dealing with my own chronic back pain resulting from an injury. I consulted the latest clinical research to find the most effective natural ingredients that work together synergistically to overcome pain by eliminating inflammation.

I also wanted to take this special formula even further by adding other ingredients that restore worn, damaged joints and give them new life.

The result? The combined effect of these synergistic, interactive ingredients is much greater than other joint formulas that rely heavily on one or two common ingredients.

With FLEX-19, you get the most potent—and complete— joint nutrition in a once-daily dosage that’s so highly targeted you should experience dramatic improvements in joint health in very little time.

But the real advantage of FLEX-19 is that it was formulated to help improve your joint health over the long term. By making FLEX-19 a part of your daily routine, you’ll be able to infuse your aging joints with a surge of youthfulness aimed at keeping you mobile, agile, and pain-free for the rest of your life!

The first step to healthy, hardy joints ...

## STOP THE PAIN & INFLAMMATION

These highly targeted natural ingredients in Flex-19 don’t just mask pain, soreness, and irritation—they work together to help get rid of the agony at its source!



## POTENT PAIN & INFLAMMATION FIGHTER #1– **MSM** INCREASES BLOOD SUPPLY TO JOINTS!

Methylsulfonylmethane, or MSM for short, is a natural sulfur compound found in plants. Sulfur is needed for the health of connective tissue, for the metabolism of protein, and for enzymes that regulate a vast number of chemical reactions. Sulfur-containing compounds called glycosaminoglycans are abundant in the cartilage and synovial fluid of the joints. Clinical studies, and my own experience with this natural miracle worker, suggest it provides major pain relief through the following 4 core actions.

### **MSM MIRACLE ACTION #1**

It slows down pain impulses along the nerve fibers.

### **MSM MIRACLE ACTION #3**

It helps soften painful scar tissue.

### **MSM MIRACLE ACTION #2**

It increases the blood supply to joints, muscles, and soft tissue.

### **MSM MIRACLE ACTION #4**

It helps reduce muscle spasms and slow down the degeneration of cartilage.

Over the last twenty years, MSM has proven itself to be one of the most effective weapons in nature’s arsenal against joint and muscle pain. But when MSM is fortified with the other pain and inflammation fighters (on the following pages) that are not often included in other formulas, it can be even more beneficial. This biological synergism gives you a powerhouse joint formula unlike any other.

# POTENT PAIN & INFLAMMATION FIGHTERS

## #2: Curcumin

### **RESTORES YOUR BODY'S OWN CORTISONE!**

Turmeric salves have been a household remedy for thousands of years in India. Like aspirin, curcuminoids block some metabolic pathways that cause pain while promoting healthy levels of your body's own inflammation-fighting histamine and cortisone. Controlled, double-blind studies have confirmed that curcumin relieves post-operative inflammation and edema (swelling or fluid retention). In numerous studies, curcumin was compared against the nonsteroidal, anti-inflammatory medication phenylbutazone and judged equally or more effective.

## #3: White Willow Bark

### **BETTER THAN ASPIRIN ... NO STOMACH IRRITATION!**

The bark of white willow contains salicin which is a chemical similar to aspirin. In fact, in the 1800s, salicin was used to develop the drug. Research has shown the effectiveness of this herb to relieve pain and lessen inflammation without the digestive irritation associated with aspirin. White willow bark also contains antioxidants, antiseptic, and immune boosting components.

## #4: Devil's Claw Root

### **EUROPE'S PROVEN ANSWER TO ARTHRITIS!**

Extracts of Devil's Claw Root have been used extensively in Europe for many years in the treatment of arthritic problems. Some studies have found that Devil's Claw Root relieves joint symptoms as

effectively as some non-steroidal anti-inflammatory drugs—without, of course, the bad side effects.

## #5: Feverfew Flower Extract

### **BLOCKS TRANSMISSION OF PAIN SIGNALS!**

Feverfew, a member of the sunflower family, has been used for centuries as a remedy for headaches, fevers, and joint pain. How does it work? It is believed that Feverfew slows down your body's production of histamine, a chemical transmitter, that plays a key role in how your immune system works, how your pain is transmitted, and how you feel pain.

## #6: Bromelain

### **NATURAL ENZYME REDUCES SWELLING!**

This remarkable enzyme, obtained from the pineapple, has a long history of safe use and has demonstrated anti-inflammatory properties useful for relieving joint pain and reducing swelling after surgery. Medical research indicates that bromelain may have the capacity to block certain inflammation-inducing metabolites.

## #7: Ginger Root Extract

### **TARGETS PAIN-INDUCING COX-2 ENZYME!**

A significant amount of medical literature documents the use of ginger extract in the treatment of arthritic conditions. How does it work? Studies have shown that ginger extract directly targets COX-2, an enzyme responsible for inflammation and pain. In one study of 250 rheumatoid arthritis patients taking ginger root, two thirds had significant reduction in joint swelling and pain.

## #8: Birch Bark

### **BETTER THAN STEROIDS! NO SIDE EFFECTS!**

Birch bark, traditionally used by Native Americans for pain relief, contains natural aspirin. The active ingredients in Birch Bark are betulinic acid and ursolic acid. Both have strong anti-inflammatory properties similar to steroids. And both go to work against inflammatory lymphocytes occurring in your body's lymphatic system.

## #9: Celery Seed Extract

### **DIRECTLY TARGETS PAIN REGULATOR PROSTAGLANDIN!**

Celery seed, used in Ayurvedic medicine for centuries, contains powerful phytonutrients called phthalides. New research suggests that phthalides can help balance the prostaglandin levels in the body, which are responsible for regulating inflammation, pain, swelling, and blood pressure.

## #10: Papain

### **INCREASES YOUR BODY'S OWN ANALGESIC RESPONSE!**

Papain, an enzyme extracted from the papaya fruit, is a powerful weapon against both rheumatoid arthritis and osteoarthritis. If you have rheumatoid arthritis, papain can increase your body's own analgesic response and reduce inflammation. If you have noninflammatory osteoarthritis, you can benefit from papain's ability to remove cellular waste products that build up in the joints.



## #11: Polygonum Cuspidatum Root

### **LOADED WITH LONGEVITY MIRACLE RESVERATROL!**

Also known as Japanese knotweed, Polygonum Cuspidatum Root Extract is an excellent source of resveratrol, a powerful antioxidant hailed as the latest "longevity" miracle nutrient. In some studies, results suggest that resveratrol may protect cartilage against inflammation and reduce the COX-2 enzyme responsible for pain.

## #12: Goldenrod Extract

### **ADDRESSES INFLAMMATION AND MUSCLE SPASMS AT THE SAME TIME!**

Traditionally, goldenrod has been used to counter the adverse effects of TB, diabetes, liver enlargement, gout, hemorrhoids, asthma and arthritis. In vitro studies suggest Goldenrod may reduce joint inflammation and relieve muscle spasms at the same time.

**These 12 superfoods – never before combined in one enhanced joint health formula – work synergistically to combat ALL facets of joint pain and inflammation at the cellular level.**

# NATURAL JOINT BUILDERS HELP IMPROVE MOBILITY

Goodbye joint stiffness!  
Hello unrestricted mobility!  
The joint-restoring superfoods  
in FLEX-19 can actually help  
**REBUILD** worn out joints and  
cartilage and have you ...

## JUMPING FOR JOY!

Cartilage is your body's built-in shock absorber. Unfortunately, as you age the cartilage in your joints breaks down and your body doesn't manufacture as many cells to replenish the lost cartilage on its own. Likewise the muscles, ligaments, and tendons that support the integrity of your joints weaken with age.

The result? In addition to pain and swelling, your joints lose movement and flexibility. They become as creaky as a rusty old gate and simple pleasures like taking a walk, swinging a golf club, and picking up your grandchild become a real ordeal. But there's no need to allow joint problems to hobble you and take the joy out of life.

Introducing seven highly specialized super-ingredients that go after joint stiffness and loss of mobility with a vengeance. They help ...

- ✓ Infuse your cartilage with more blood, oxygen and necessary nutrients
- ✓ Strengthen your muscles to reduce the strain on your joints.
- ✓ Stabilize bone by fortifying the soft tissue that surrounds it.
- ✓ Speed restoration of the tendons and ligaments that anchor your muscles to your bones.

Now it's possible to enjoy "good-as-new" joints – even at your age!

**The Magnificent Seven**  
**Nature's "gunslingers" that help**  
**arrest joint deterioration and**  
**repair the damage already done!**

### NATURAL JOINT BUILDER #1 – Glucosamine Sulfate

**HELPS RESTORE  
CUSHIONING FLUID LEVELS!**

Glucosamine Sulfate not only helps retard the progression of degenerative joint disease, but it helps make synovial fluid, the natural cushioning in your joints, thicker and more gelatinous. This gives it the ability to decrease friction. Glucosamine sulfate also helps slow the breakdown of proteoglycans, the protein that's an integral part of connective tissue. Finally, Glucosamine Sulfate has the ability to raise low fluid levels in the joint to provide greater cushioning and shock absorption.

### #2: Green Lipped Muscle

**HELPS IMPROVE THE BIOLOGICAL  
STRUCTURE OF CARTILAGE!**

Green lipped mussels contain 12% glycosaminoglycans that the body uses to form joint cartilage. Therefore, by taking green lipped mussel extract, you're providing a necessary boost to your body's "building blocks" to improve the condition and functionality of your joint cartilage. When the structure of your cartilage improves, you reduce stiffness and increase mobility.

### #3: Sea Cucumber

**STIMULATES THE PRODUCTION  
OF CARTILAGE CELLS!**

This natural miracle from the deep is very rich in chondroitin sulfate which is a vital component of cartilage. It also appears to promote the repair of cartilage by stimulating the production of structural cartilage cells called chondrocytes.

### #4: Grape Seed Extract

**POTENT JOINT PROTECTION!**

Grape Seed Extract is a natural plant bioflavonoid which strengthens and protects living tissue and improves circulation. The OPC components in Grape Seed Extract (Oligomeric Proanthocyanidin Complexes) are 50 times stronger than Vitamin E and 20 times stronger than Vitamin C. In one study, Grape Seed Extract was able to regulate the function of the T cells involved with the attack on the joints. Essentially, Grape Seed Extract turned off the inflammatory signaling and helped stop joint damage.

### #5: Yucca Root Extract

**JOINT LUBRICANT AND  
TOXIN FIGHTER!**

The phytosterol saponins found in Yucca are what make this herb such a powerful weapon in the "war" against joint stiffness. These saponins have both a water- and fat-soluble end and therefore act like a lubricating soap. One trial found benefit for patients with osteoarthritis and rheumatoid arthritis. The authors of the study speculate that saponins may block release of toxins from the intestines that inhibit normal cartilage formation.

### #6: Boswellia

**SUPPORTS BLOOD FLOW  
TO THE JOINTS!**

Boswellia, also known as frankincense, is an Ayurvedic herbal treatment that represents the best of an ancient herbal tradition and modern science for use against joint dysfunction. Studies show that it supports consistent blood flow to the joints, boosting flexibility and strength.

### #7: Cetyl Myristoleate

**WORKS IN CONNECTIVE  
TISSUE TO STRENGTHEN  
JOINT INTEGRITY!**

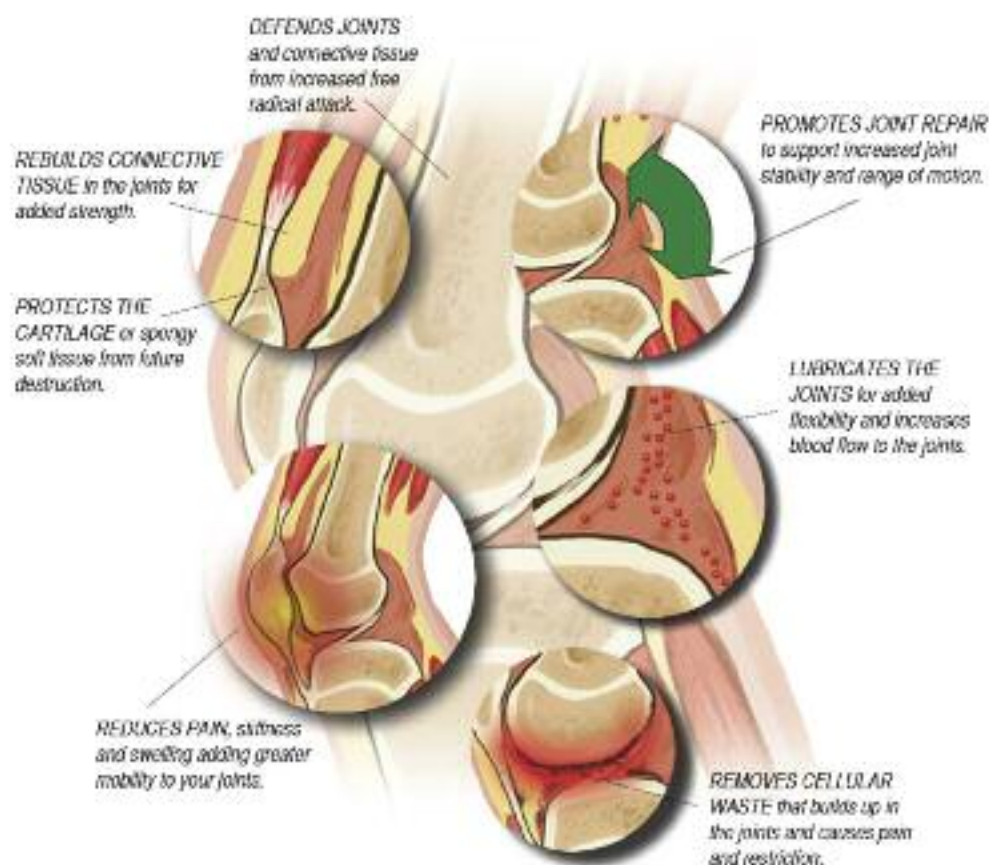
Cetyl Myristoleate (CMO) is a derivative of myristoleic acid and is widely regarded as an effective anti-inflammatory, pain reliever and joint lubricant. It is believed to act on memory T-cells in the immune system and may "re-program" them so they don't attack the body's connective tissues. That's why it's been so effective for autoimmune disorders or those in which the body attacks itself.

**12 POTENT PAIN & INFLAMMATION FIGHTERS + 7 NATURAL JOINT BUILDERS  
= THE MOST COMPLETE, SYNERGISTIC JOINT FORMULA EVER!**

Want to eliminate joint pain for good and regain the freedom of movement to once again live a full, active life? Then ...

## TRUST YOUR JOINTS TO FLEX-19™!

With so much new joint strength and flexibility to gain (and nothing to lose if you're not satisfied), you owe it to yourself and your loved ones to try FLEX-19™ – RISK FREE – for as long as you'd like!



**CALL 1-800-218-1379 TO FIND OUT  
HOW TO GET YOUR FREE SUPPLY TODAY!**

## Take the first step toward problem-free joints and **GET ALL THIS FREE!**

Not one, not two, not three, but **FOUR** free bottles of FLEX-19™ – that's a value of \$159.96 – **YOURS FREE!**

**#1, #2, #3, #4**



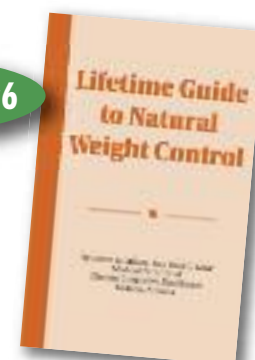
**Your FREE Gift #5**

**FREE Shipping and Handling, a \$7.99 value!**

Take advantage of our BEST VALUE OFFER and shipping is FREE! That means more money in your pocket now.

**Lifetime Guide to Natural Weight Control**  
by Dr. Devin Mikles  
A \$9.95 value – yours FREE!

**Your FREE Gift #6**



Why sweat the safety of fad diets when you can let your Lifetime Guide to Natural Weight Control help you achieve and maintain your ideal, healthy weight right now? Your FREE GUIDE reveals ...

HOW a few superstar supplements can aid your weight management goals.

HOW you can easily trade fat for lean muscle.

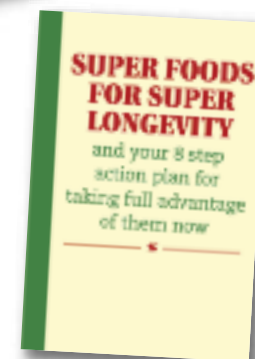
HOW the right exercise can speed up your metabolism.

And if I hear from you within the next 10 days, you'll also get...

**Your FAST RESPONSE BONUS GIFT #7**

**Super Foods for Super Longevity**  
A \$9.95 value – yours FREE!

The 8 super foods you'll learn about in your FREE bonus report can add years of vibrant health to your life by helping to fight off inflammation, mental decline, osteoporosis, heart disease and other degenerative conditions.



# You don't have to live one more day in pain!

Now, you need not suffer from swelling, stiffness, and diminished range of motion.

Now, you can forget the frustration of physical limitation.

Now, there's a 100% safe, effective, easy and SCIENTIFICALLY PROVEN way for you and your loved ones to...

## Feel better, do more and get moving again!

Now, there's FLEX-19 – so much more than a joint pain reliever. It's a whole new way of life for you and your loved ones.

## Put FLEX-19 to your own joint flexibility test!

You can try FLEX-19 for as long as you want, RISK-FREE. Put it to your own joint flexibility test including walking, biking, gardening, fishing, golfing, or just getting in and out of a car. Really put FLEX-19™ through the paces. See if it measures up to your needs and expectations.

## Accept nothing less than a dramatic improvement – in mobility, flexibility, strength, and most of all, PAIN!

If FLEX-19 is not everything I say it is (and even a whole lot better), send it back and IVL will refund your money, every penny of it. YOUR SATISFACTION IS 100% GUARANTEED.

Once you start to experience the way FLEX-19 helps reduce or even eliminate pain and the way it improves your mobility, you'll want to use it every day. Go right ahead because your new-found joint strength won't cost you a fortune.



No matter what your age or current physical condition, FLEX-19™ can help support healthy joint function for the rest of your life. Don't accept a run-down state of managed disease when you can have all the energy and flexibility you want, need and deserve for an active lifestyle.

### What can you expect from FLEX-19?

- ✓ Reduced swelling
- ✓ Less stiffness
- ✓ Increased range of motion
- ✓ Natural joint repair and lubrication
- ✓ Long-term pain relief
- ✓ Stronger connective tissue

### What you WON'T get from FLEX-19!

- ✗ Complications from surgery
- ✗ Higher blood pressure
- ✗ Stomach problems
- ✗ Damage to your liver
- ✗ High cost of prescriptions
- ✗ Increased joint degeneration

FLEX-19™ is available for a tiny fraction of what you would spend for over-the-counter painkillers. There's nothing else like it anywhere. Put it to your own joint test– RISK-FREE. It will work for you or it's FREE! Call toll-free 1-800-218-1379 today.



# May I send you OVER \$360.00 in FREE gifts and savings now? *No strings attached!*

You get 7 amazing gifts absolutely FREE when you agree to sample the BEST VALUE offer for FLEX-19™ during this limited time offer

## BEST VALUE OFFER & RECOMMENDED!

**A \$367.74 VALUE IN FREE GIFTS & SAVINGS, YOURS FREE!**



### ► YOUR FREE GIFTS #1, #2, #3, #4

FOUR FREE BOTTLES  
of FLEX-19™ –  
a \$159.96 value.



### ► FREE GIFT #6

FREE SHIPPING AND HANDLING – a \$7.99 value!

### ► FREE GIFT #5 FREE HEALTH REPORT –

*Lifetime Guide to Natural Weight Control*  
by Dr. Devin Mikles. A \$9.95 value – yours FREE.

**PLUS...** IF WE RECEIVE YOUR ORDER WITHIN  
THE NEXT 10 DAYS, YOU'LL ALSO GET...

### ► FREE BONUS GIFT #7: *Super Foods for Super Longevity* A \$9.95 value – yours FREE!

## Your FLEX-19™ Satisfaction is Guaranteed in Three Ways...

**FIRST GUARANTEE OF SATISFACTION:** The 19 ingredients in FLEX-19 have each been widely documented for their effectiveness in reducing pain, increasing mobility, defending joints from free radical attack, curbing inflammation and protecting joints and cartilage from future damage.

**SECOND GUARANTEE OF SATISFACTION:** This comprehensive, broad-spectrum joint formula was researched and developed in Sedona and Camp Verde, Arizona over many years. FLEX-19 is manufactured under strict GMP (Good Manufacturing Practices) and tested for both purity and safety to ensure you receive the same consistent high quality whenever you get FLEX-19.

**THIRD GUARANTEE OF SATISFACTION:** You may put FLEX-19 to your own challenge test for as long as you like. If at any time, FLEX-19 does not live up to your needs or expectations, you may return it for a full refund (minus shipping), no questions asked.

Before you take any supplement, please consult your physician or other licensed healthcare professional to determine if it's appropriate for you. This product is not intended to diagnose, treat, cure or prevent any disease. This information has not been evaluated by the Food and Drug Administration. The Institute for Vibrant Living disclaims any and all implied warranties, including without limitation, implied warranties of merchantability and fitness for a particular purpose. To be removed from our mailing list or to request that we not share your information with other companies, write to IVL, P.O. Box 3840, Camp Verde, AZ 86322-3840. We also receive master lists from other companies. To ensure your removal from these lists, write to DMA, P.O. Box 643, Carmel, NY 10512.

# FLEX-19™ Gift Claim Certificate

Get Over \$360 in Free Gifts & Savings Now.  
Keep the Gifts, No Matter What!

**BEST VALUE: CLAIM \$367.74  
in FREE gifts & savings now.**



**YES!** I want to stay joint active, joint strong, joint vital, joint independent for life with FLEX-19. Rush my order of FLEX-19 today. I understand I am fully protected by your 100% lifetime guarantee of satisfaction\*. If I'm not completely delighted with the results, I can receive a full refund of my purchase price at any time. ALL THE FREE GIFTS ARE MINE TO KEEP, NO MATTER WHAT. \*(less s/h)

### Please accept my order as follows:

#### ☐ **BEST VALUE: CLAIM \$367.74 IN FREE GIFTS & SAVINGS!**

Order a one year supply of FLEX-19 for only \$299.99. (I save \$179.89 off the regular price). Plus, I'll also receive: 4 FREE bottles of FLEX-19... 1 FREE Health Report, FREE shipping and handling...and FAST RESPONSE Health Report – all FREE. **ITEM# FN04**

**Recommended!**

☐ **GREAT VALUE: CLAIM \$147.82 in FREE GIFTS & SAVINGS!** Order a 6-month supply of FLEX-19 for only \$199.99! Plus, I'll also receive: 2 FREE bottles of FLEX-19... 1 FREE HEALTH REPORT...FREE shipping and handling... and FAST RESPONSE Health Report – all FREE. **ITEM# FN03**

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