

Description of active substances

Glucosamine sulphate

Glucosamine sulfate is a natural compound that is naturally found in our bodies. It is crucial for the proper function of our cartilage and is literally indispensable for functional joints. It is especially important for their mobility and functionality. As we age, the amount of glucosamine in the body may decrease. This is often associated with poorer joint mobility and pain. Glucosamine sulphate is also often attributed with anti-inflammatory effects and prolonging the active age of an individual. Glucosamine sulphate has also gained popularity among athletes and those who are not strangers to an active life.

Chondroitin sulphate

It is a polysaccharide chemically classified as a glycosaminoglycan that occurs naturally in the human body. It is part of the extracellular matrix of connective tissues and also a physiological component of articular cartilage. Cartilage is the connective tissue in our body that serves to strengthen the surrounding tissues. Chondroitin is also found in bone, cornea, skin and arterial wall. It is an ideal nutrient for the human musculoskeletal system.

Boswellia serrata (Indian frankincense)

Boswellia serrata (Indian frankincense) is a plant native to India, the Middle East and Africa. It has been used for centuries in traditional medicine, where it is especially valued for its anti-inflammatory properties. Boswellia serrata is also good for joint and bone support. It has a positive effect on our digestion and can also relieve digestive problems. It supports the normal function of the intestinal tract or the respiratory and reproductive systems.

Soluble fibre FOS

A new generation of prebiotics based on modified, enzymatically liquefied chicory fructooligosaccharides contributes to natural restoration of intestinal microbiota. It affects all parts of the intestine, both small and large. Fructooligosaccharides cannot be used, digested or absorbed by our body. However, they are an important nutrient for beneficial intestinal bacteria. In the colon, they also increase the production of butyrate by friendly intestinal bacteria. Butyrate is a very beneficial substance for our body. It also serves as a source of energy for intestinal mucosa cells, thus helping restore its integrity.

Sweet stevia

Stevia is a wild shrub in tropical and subtropical regions of South and Central America. The main strength of this shrub is hidden in its leaves and stems, which contain stevioside. It is 200-300 times sweeter than sucrose and has negligible energy content. Stevia has been used in natural medicine for centuries. Therefore, we chose steviol glycosides as a sweetener.

Dosage

1 × daily 20 ml at any time of the day. The product can be taken directly, or the recommended dose can be diluted in tea, water, or another beverage. Shake well before use. The presence of sediment is normal. The recommended dose should not be exceeded. This product is not intended as a replacement for a balanced diet. Do not use if you are allergic or hypersensitive to any of the ingredients. Keep out of reach of children. Not suitable for pregnant or breast feeding women, and children under 3 years of age.

Ingredients: Collagen 5000 mg, MSM 400 mg, chondroitin sulfate 400 mg, glucosamine sulfate 100 mg, Boswellia serrata 100 mg, fructooligosaccharide-based soluble chicory root fiber, citric acid, preservatives, orange flavor, stevia (sweetener), thickener.



harmonelo

FLEXI

Harmony of your movement

Harmonelo FLEXI is a popular liquid dietary supplement that is a real support for our musculoskeletal system thanks to its unique composition. The unique blend of collagen, MSM, chondroitin and frankincense helps to maintain the normal condition of joints, bones and muscles or skin. FLEXI is a fiber-based liquid dietary supplement made from fructooligosaccharides, which as a prebiotic effectively nourishes our friendly gut bacteria.



Scan QR code for more detailed information on the ingredients

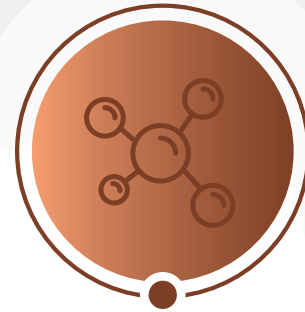


Main features

- High bioavailability
- Soy-free
- 100% free of artificial colours
- Gluten free
- Lactose free
- Low glycaemic index
- 100% free of artificial sweeteners

What it supports

- Normal condition of bones and joints
- Normal function of the respiratory system
- Normal function of the intestinal tract
- Normal heart function and blood cholesterol levels
- Normal function of the reproductive system
- Mental health



Collagen

Collagen is a protein that provides strength and elasticity to skin, tendons, cartilage and other connective tissues.

MSM (methylsulfonylmethan)

An organic sulphur compound that forms a bond between proteins.



Glucosamine sulphate, chondroitin sulphate

Thanks to glucosamine and chondroitin, cartilage is able to create the other necessary building blocks.

Boswellia serrata (Indian frankincense)

It is a rich source of boswellic acid and various types of terpenes.



Soluble fibre

Contains a new generation of probiotics based on enzymatically liquefied chicory fructooligosaccharides.



Stevia sweet

This product contains steviol glycosides as an additional ingredient.

Collagen

Collagen is a natural and key component of our connective tissues, including muscles, tendons, nails, cartilage and skin. It is the most abundant protein in the human body, making up approximately 30% of all proteins. Collagen is essential for maintaining skin firmness, elasticity and hydration, which helps prevent wrinkles and promotes a youthful appearance. Collagen is naturally produced in our bodies, but its production gradually decreases with increasing age - from around the age of 25. This decline can lead to loss of skin elasticity, weakened joints and tendons, increased brittle nails and hair loss.

It is therefore important to ensure adequate collagen intake through diet or supplements, which can help slow the signs of ageing and promote tissue regeneration. Collagen plays a vital role not only in aesthetic appearance but also in the functioning of the musculoskeletal system. It strengthens joints, contributes to the prevention of arthritis and improves cartilage elasticity, which is particularly crucial for active individuals and athletes. It is also involved in wound healing and cell renewal, which speeds up recovery after injuries or surgery. In addition to these benefits, collagen also has a positive effect on the

immune system and the overall health of the body. It helps maintain healthy blood vessels, supports proper digestive function and may have anti-inflammatory effects. A sufficient intake of collagen can thus contribute to improved vitality, increased energy and overall body resilience. Thanks to these broad effects, collagen is one of the most important substances for maintaining health, beauty and vitality throughout life. The product contains hydrolysed bovine collagen, which is highly absorbable by the human body.

MSM (methylsulfonylmethan)

MSM (methylsulfonylmethane) is an organic sulfur compound that occurs naturally in some foods. It is involved in the synthesis of creatine and collagen. It is especially appreciated by our skin as it has a positive effect on the health of our skin. It has a positive and beneficial effect on hair and nails. It is a key substance for our joints and connective tissues. It is also valued for its anti-inflammatory action. MSM has also gained popularity among athletes as it can promote muscle recovery after physical exercise.