

Everything You Ever Wanted to Know About ADD-INS

Performance Food Centers (PFC) works hard to make sure that the products and ingredients we bring you are the cleanest, purest, best natural and whole-foods based items on the market. While there are many supplements on the market, PFC has chosen to offer swiig Core Supplements as the Add-Ins to our Shakes and Smoothies. These supplements are a great way to help your customers achieve their health, wellness and performance goals. You can rest assured that swiig has built their brand on the philosophy of eating and living well with ONLY whole food ingredients and functional nutrients. Core Supplements never contain any synthetic or artificial junk and are blended for synergistic effect. One of swiig's philosophies is "you are what your food eats" – a principal that speaks to the depth of the transparency in their products and ingredients.

Get Flexible Refresh Your Joints & Improve Mobility

Supplement Facts		
Serving Size: 1 scoop (5 g)		
Servings Per Container: 90		
	Amount Per Serv.	% Daily Value*
Calories	15	
Total Carbs	4 g	2%
Hyaluronic Acid	80 mg	†
Glucosamine	550 mg	
Chondroitin Sulfate	550 mg	
Methyl Sulfonyl Methane	550 mg	
Organic Proprietary Blend	100 mg	†
Joint Matrix 100% Organic Blend: Pleurotus eryngii, Cordyceps militaris, Antrodia camphorata, Grifola frondosa, Agaricus blazei, Hericium erinaceus		
* Percent Daily Values are based on a 2,000 calorie diet.		
† Daily Value not established		
Other Ingredients: Non-GMO Maltodextrin		

The Basics

We don't know one athlete that doesn't experience some sort of joint problem. Get Flexible's formula may help give many athletes & people over 40 a new lease on life.

Recently discovered, Hyaluronic Acid is now widely known as the "Molecule of Youth," and is largely found in our skin and in the synovial fluid of our joints. In the joints it helps maintain viscosity and lubrication, essentially acting as a shock absorber between moving bones. It also is the precursor to Chondroitin; the more Hyaluronic Acid we have in our bodies the more chondroitin we make – naturally! However, as we age, our bodies produce less and less of this valuable compound, leading to stiff achy joints and dried less supple skin.

Get Flexible was developed to answer the call of joint pain, while aiding in the growth and repair of cartilage. It is made up of optimal levels of Hyaluronic Acid, Glucosamine, Chondroitin Sulfate and MSM and our whole foods organic blend of Medicinal Mushrooms.

Key Benefits

- Support healthy inflammation responses. (*Inflammation is one of the causes of joint discomfort.*)
- Mushroom cell walls contain chitin—a compound that naturally converts to glucosamine—known to support joint structure and function
- Provides organic, vegan source of Vitamin D that is critical for joint bone health and strength
- Lubricates with Hyaluronic Acid
- Promotes Normal Shock Absorption of Joints

Key Ingredients

Hyaluronic Acid

The human body makes Hyaluronic Acid naturally, but slows production in your 30s. This acid is naturally found in many tissues of the body, such as skin, cartilage, and the vitreous humour. This acid attracts moisture and the gelatinous viscous fluids around every cell. These fluids are needed for lubrication and for giving the skin its smooth, full appearance. If the body slows production, then external sources are needed.

Chondroitin Sulfate

Chondroitin Sulfate, a natural substance found in and around the cells of cartilage, works together synergistically with Glucosamine to promote anti-aging and aids in the relief of osteoarthritis.

Glucosamine

Glucosamine works together synergistically with Chondroitin to promote anti-aging and aids in the relief of osteoarthritis.

Methyl Sulfonyl Methane (MSM)

MSM has anti-inflammatory effects and reduces markers of oxidative and exercise stress – particularly for treatment of osteoarthritis.

Joint Matrix

We've managed to improve on our infinitely good **Joint Matrix**, which is a blend of 6 species of medicinal (not the funny kind) mushrooms. **King Trumpet, Cordyceps, Antrodia camphorata, Agaricus blazei, Brown Beech & Lions Mane** work together to boost immunity, speed up recovery time and (most importantly) to reduce inflammation, a major cause for joint discomfort.

Cordyceps militaris

Cordyceps is known to be a very powerful fungus in Traditional Chinese Medicine (TCM) where it is used to treat lung and kidney conditions. It is reported to increase mitochondrial ATP synthesis by as much as 40%. Professional athletes use Cordyceps to increase energy, endurance and stamina and to reduce recovery time after strenuous exertion, while high-altitude climbers use it to help cope with oxygen-deficiency.

Antrodia camphorata

Antrodia camphorata, a mushroom from Taiwan, contains phytochemicals including sesquiterpene lactone, steroids triterpenoids and polysaccharides. This mushroom has been shown to improve blood circulation, protect the liver, and boost immunity while having anti-allergenic, anti-bacterial, anti-cancer, anti-fatigue and anti-inflammation properties.

Grifola frondosa (Maitake)

Maitake is a highly regarded culinary mushroom with significant health-promoting functionalities. Some of which include regulating blood sugar balance which results in improved insulin sensitivity, modulation of blood glucose levels, reduced rates of carbohydrate digestion. In addition Maitake is useful in weight management strategies leading to improved metabolic rates, decreased differentiation of fat cells, improved digestive function, and reduced assimilation of calories from fat.

Himematsutake (Agaricus blazei)

Himematsutake, also known as Agaricus blazei Murrill Mushroom, is a species of mushroom which has been shown to help strengthen the body while fighting off illness by maintaining physiological homeostasis, stimulating the immune system, and restoring the body's natural balance and resistance to disease.

Hericium erinaceus (Lion's Mane)

Lion's Mane is a culinary mushroom with significant health-promoting functionalities. It contains an array of biologically active compounds that stimulate, modulate and potentiate the immune system. They also contain an array of antioxidants.