What is CapraFlex™?
CapraFlex is a complete, comprehensive bone and joint health support formula. It contains cartilage and bone building compounds, providing the body what it needs to increase bone density and also rebuild healthy cartilage and connective tissue. Additionally included are whole foods, herbs and enzymes for pain associated with inflammation, especially helpful for fibromyalgia sufferers.

Why CapraFlex?
According to the American Arthritis Foundation, more than 80 million Americans experience some form of joint and soft tissue discomfort. CapraFlex was formulated to assist the body in rebuilding and supporting healthy cartilage, add flexibility and mobility to joints, reduce pain and increase bone density.

Why does it contain Type II Chicken Collagen?
The Type II Chicken Collagen used in CapraFlex comes from chickens free of growth hormones, antibiotics, pesticides and insecticides. This form of collagen is a whole food concentrate that has no known side effects and provides maximum absorption. Type II Collagen is the principle structural protein in cartilage which provides strength, flexibility and joint support. According to recent studies at Harvard University Medical School, Type II Collagen derived from Chicken Cartilage works in synchronicity with the immune system.

Why does CapraFlex contain goat milk whey?
This type of whey has been used for decades to promote bone density as well as relieving aching, painful joints. World-renowned nutritionist, Dr. Bernard Jensen, used goat milk whey as one of the foods of choice for healthy joints. This highly concentrated whole food contains a broad array of naturally occurring minerals (including Potassium, Magnesium, and Calcium) in ratios received by the body with ease.

Standard Use:
Take 3 caplets three times a day on an empty stomach with 6 - 8 oz. water, juice, etc.

Advanced Use:
4 caplets three times per day for up to 90 days. After 90 days, continue standard usage.

Supplement Facts
Serving Size 9 caplets
Servings Per Container 30

<table>
<thead>
<tr>
<th>Supplement</th>
<th>Amount Per Serving</th>
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</thead>
<tbody>
<tr>
<td>Osteo-Mineral Blend:</td>
<td>6,216 mg</td>
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<tr>
<td>Goat Milk Mineral Concentrate, Di-calcium phosphate, Acetyl-L-Carnitine HCL 83%</td>
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<tr>
<td>Collagen Blend:</td>
<td>1,007 mg</td>
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<tr>
<td>Chicken Collagen Type II, Lutein Esters (Xangold®)</td>
<td></td>
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<tr>
<td>Flex Blend:</td>
<td>1,025 mg</td>
</tr>
<tr>
<td>White Willow Bark, Tart Cherry Juice, Feverfew Leaf, Valerian Root, Ginger Root, Turmeric Root, Acerola Cherry, Lemon Bioflavonoids</td>
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<tr>
<td>Enzyme Blend:</td>
<td>101 mg</td>
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<tr>
<td>Protease (11,200 HUT), Protease Acid Stable (39 SAP) Bromelain (48 GDU) Papain (1.4 TU), Amylase (1,200 SKBU), Lipase (960 LU), Cellulase (750 CU), Peptidase (2.5 LAPU)</td>
<td></td>
</tr>
</tbody>
</table>

Other Ingredients (less than 2%): crosscarmellose sodium, magnesium stearate, stearic acid, microcrystalline cellulose, silica.

NON-GMO
No Pesticides
No Preservatives
No Chemicals
All Natural

These statements have not been approved by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Mt. Capra Products
279 SW 9th St,
Chehalis, WA 98532

MtCapra.com
1-800-574-1961
info@mtcapra.com
CapraFlex contains four synergistically balanced blends:

**Osteo-Mineral Blend:** Predigested and Regular Goat Milk Mineral Concentrate. This broad array of naturally occurring minerals assist in maintaining proper chemical balance to keep calcium in solution (fluid)—preventing it from depositing in the joints. Also contains: calcium phosphate and L Carnitine.

**Collagen Blend:** Contains chicken collagen type II, the principal structural protein in cartilage that provides strength, flexibility and support.

**Flex Blend:** Contains powerful ingredients known for their strong alkalizing effects and as antioxidants; these include cherry juice, ginger, turmeric, acerola cherry, feverfew, valerian, lemon powder and white willow bark (natural aspirin).

**Enzyme Blend:** Potent enzymes promote joint wellness with soothing effects. 

- **Protease**
- **Bromelain**
- **Papain**
- **Amylase**
- **Lipase**
- **Cellulase**

**Osteo-Mineral Blend:**

Goat Milk Mineral Concentrate: A broad array of naturally occurring minerals including Potassium, Calcium, and Magnesium.

Calcium: A mineral used for building bones and teeth and in maintaining bone strength. Also used in muscle contraction, blood clotting, and maintenance of cell membranes.

L-Carnitine: Made in the body from amino acids Lysine and Methionine. It is needed to release energy from fat. It is used in response to athletic-related muscle injury and aids in endurance by increasing oxygen to muscles.

**Collagen Blend:**

Chicken Collagen Type II: Collagen is the principal structural protein in cartilage which provides strength, flexibility and support. The compounds in Chicken Collagen Type II provides the structural support of healthy joints by promoting new cartilage synthesis and by reducing oxidative damage to the joints. Contains naturally occurring Chondroitin and Glucosamine sulfates.

Lutein: A powerful antioxidant in the carotenoid family (naturally occurring fat-soluble pigments found in plants).

**Flex Blend:**

Cherry Juice: Aids in the breakdown of uric acid crystals that deposit in joints, tendons, kidneys and connective tissue where it causes inflammation, pain and damage.

Ginger: Stimulates circulation, reduces spasms and cramps, and specifically contains multiple constituents that inhibit COX-2 inflammation. Extremely high in protein digesting enzymes.

Turmeric: Acts as an alkalizer and has powerful anti-inflammatory properties and anti-arthritic properties.

Acerola Cherry: Contains high amounts of naturally occurring Vitamin C which is a water-soluble vitamin that functions as a powerful antioxidant. It is needed to make collagen, which promotes the formation of new connective tissue. This strengthens many parts of the body such as muscles, joints and blood vessels.

Feverfew: Contains a range of compounds known for analgesic properties as well as sesquiterpene lactones.

Valerian: Contains many different constituents including essential oils that appear to contribute to its sedating properties. May weakly bind to Gaba-A receptors in the central nervous system to exert a sedating action.

Lemon Powder: An excellent source of natural anti-oxidants, bioflavonoids and enzymes in a body-ready form.

White Willow Bark: An anti-inflammatory and pain relieving action comes from the glycoside calcin from which the body can spill off salicylic acid (aspirin). The analgesic actions of willow bark are typically slow acting but are longer lasting than standard aspirin products.

**Enzyme Blend:**

Protease Blend: Contains three powerful protein digesting enzymes, including peptidase, which is capable of breaking down proteins at different pH levels along the digestive tract.

Bromelain: A combination of unique enzymes from both the ripe and unripe fruit and the leaves of the pineapple plant.

Papain: Powerful anti-inflammatory enzyme.

Amylase: Breaks down and digests carbohydrates.

Lipase: Powerful fat digesting enzyme. Assists in weight management and circulatory function.

Cellulase: Complex of three different enzymes that convert fiber cellulose to glucose. Cellulase is not made in the body and can only be obtained from our food or supplements such as CapraFlex™.

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**Do not give to children 12 years or younger. Do not use if you are pregnant or nursing, are taking blood thinning medications, or are allergic to acetylsalicylic acid (aspirin) without first consulting with your health care provider.**

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**Our Guarantee to you.**

The Mt. Capra farm is located in the Pacific Northwest. Our grass-fed, free-range goats graze on pesticide-free and chemical-free pasture 365 days a year. No hormones, antibiotics, or pesticides are used. Ever.

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