

Health House Premium Fish Oil, the perfect partner for Bettaflex.

Omega-3 can support arthritic joints where inflammation is a concern.

EPA (eicosapentaenoic acid) is the key anti-inflammatory Omega-3. Aim for 700 mg of EPA daily, which is provided by 3 capsules of Premium Fish Oil.

Note: If you take blood-thinning medication, please consult with your health professional before taking fish oil

Always read the label and use only as directed.

John Arts

John Arts is a Nutritional Medicine Practitioner and founder of Abundant Health. Bettaflex has become one of the company's most successful supplements because it reflects his commitment to research-backed joint health. Combining Chondroitin (avian), Glucosamine (plant-based) and Biosolve® Curcumin, Bettaflex is designed to support cartilage, comfort and mobility. John has spoken with many customers who value its role in helping them stay active and enjoy life more fully.

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**Health
House**
NEW ZEALAND



Bettaflex



Bettaflex

Bettaflex is a joint health formula made with well-researched ingredients that support joint repair. Its benefits come from the combined action of Chondroitin Sulphate (avian source), Glucosamine Sulphate (plant-derived), and BioSolve® Curcumin extract from turmeric. Research shows that 800 mg daily of Chondroitin Sulphate supports important cartilage maintenance processes.

Glucosamine helps provide the building blocks for new cartilage, while chondroitin is a natural component of cartilage. Curcumin, the active compound in turmeric, supports normal anti-inflammatory processes, which are important because joint tissue inflammation is a feature of osteoarthritis.

Bettaflex supports

- ✓ Healthy cartilage and joint function
- ✓ Joint repair processes
- ✓ Joint lubrication and mobility
- ✓ Joint tissue health

Ingredients

Per Capsule	Weight	Active
Glucosamine sulphate (plant derived)	400mg	400mg
Chondroitin sulphate (avian)	400mg	400mg
BioSolve® curcumin extract (95%)	100mg	95mg

Product use

Recommended dose: Take 2 capsules daily—either 1 capsule twice daily or 2 capsules with breakfast. For best results, take Bettaflex immediately after eating, or during a meal if you have digestive concerns.

For faster results, use an intensive regime for 4-6 weeks: Take either 2 capsules twice daily with food, or 1 capsule three times daily with food.

Note for those taking blood-thinning medication: Do not take Bettaflex with warfarin unless medically advised. If taking other blood thinners, do not take at the same time as your blood-thinning medication and please consult with your medical advisor.

If you are unsure whether Bettaflex is suitable for you, do not hesitate to contact John Arts (john@healthhouse.co.nz).

1 x 60 capsule bottle for **\$37ea**

MULTI BUY

3 x 60 capsule bottles for **\$99**

Free delivery

