

**SUGGESTED USE:** As a dietary supplement for adults, take one (1) vegetable capsule daily, or as directed by a healthcare practitioner.

## Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving	%DV
Vitamin C (as Ester-C®, calcium ascorbate)	100 mg 167%
5-LOXIN Advanced® ( <i>Boswellia serrata</i> Extract [resin])	100 mg **
Turmeric Root 4:1 Extract ( <i>Curcuma longa</i> ) (equivalent to 200 mg of root)	50 mg **
UC-II® Standardized Cartilage Total Collagen	40 mg ** 10 mg **
White Willow Bark 5:1 Extract ( <i>Salix alba</i> [bark]) (equivalent to 175 mg of bark)	35 mg **
Ginger Root 4:1 Extract ( <i>Zingiber officinale</i> ) (equivalent to 140 mg of root)	35 mg **
Pepper Spice Complex Cayenne Powder ( <i>Capsicum annuum</i> [fruit]), Bioperine® (Black Pepper Extract) ( <i>Piper nigrum</i> [fruit])	27 mg **

\*\*Daily Value (DV) not established

Other Ingredients: Vegetable Cellulose, Silica, Vegetable Magnesium Stearate.

**FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Avoid this product if you are allergic to aspirin. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Ester-C® is a registered trademark of The Ester C Company. Manufactured under U.S. Pat. No.'s 6,197,813 and 6,878,744 and corresponding foreign patents.

5-LOXIN ADVANCED® is a registered trademark of PL Thomas-Laila Nutra, LLC U.S. Patent #8,551,496 and patents pending.

UC-II® is a registered trademark of InterHealth N.I.

BioPerine® is a registered trademark of Sabinsa Corporation

Carefully Manufactured by:  
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Part No. 22-50497

No. 7

Solgar® No. 7 is the next generation alternative after glucosamine that increases mobility, flexibility and range of motion in sensitive joints.\* In this breakthrough formulation, No. 7 brings together bio-active nutrients that work to create a fast acting approach for occasional 'tweaks' and joint stresses brought on by exercise, sport or physical activity. With increased mobility and flexibility, Solgar® No. 7 can help you to pursue the activities you love and get back on track...fast. Feel the difference for yourself. Solgar® No. 7 shows improvement in joint comfort...within 7 DAYS.<sup>1\*</sup>

### The Solgar® No. 7 Difference

- Advanced Bio-Active Nutrients
- Targeted Mediators Balance and Temper Joint Enzymes\*
- Enables Joint's Natural Ability to Flex and Cushion\*
- Increases Mobility and Range Of Motion\*
- Shows Improvement in Joint Comfort within 7 Days!<sup>\*</sup>

The nutritional advantage of a multi-action formula in an easy to swallow, once daily complex

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

<sup>1</sup>Based on two human studies with 5-LOXIN Advanced® where subjects rated their joint health over time, subjects' joint health improved within 7 days and continued to improve throughout the duration of the studies.

No. 7



Joint Support & Comfort\*  
Increased Flexibility\*  
Increased Mobility\*

Shows Improvement in  
Joint Comfort  
within 7 days!<sup>\*</sup>

Feel The Difference  
Next Generation  
After Glucosamine

Once Daily

Non-GMO  
GLUTEN, WHEAT & DAIRY FREE

30 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

No. 7

Active lifestyles can be hard on overworked muscles and even more troublesome for joints. Cardio-activities like running, hiking and even biking can give joints a pounding your body may feel long after. Even with only daily activity, pressure on joints can trigger our body to release those enzymes that may break down collagen and cause healthy joints to lose their own natural cushioning.

Solgar® No. 7 works differently from Glucosamine Chondroitin. While traditional Glucosamine formulas focus on cartilage support, Solgar® No. 7 targets multiple pathways to balance the release of joint enzymes, structurally support collagen building blocks and sensitive joint cartilage...while simultaneously supporting the body's natural range of motion and joint flexibility.\* For the first time, natural science at Solgar combines the advanced and naturally sourced bio-activity of 5-LOXIN Advanced® AKBA, UC-II® (Type II Collagen) and Ester-C®, with a complex of traditional pepper spices and botanicals. Solgar's advanced bioactives target both structure and function of natural joint motion to help balance out joint stresses, daily wear and tear, and the "overworking" of an active lifestyle.\* When stiff joints occasionally say no...Solgar® No. 7 says YES!

