

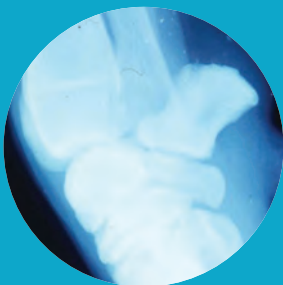


# Flexadin

A pet owner's guide  
to healthy joints

Commit to Flexadin and let your vet  
and Vetoquinol help you to help your pet

# Vetoquinol - a UK pioneer in the field of joint health



Your veterinary surgery takes a modern approach to veterinary practice and believes in the benefit of products to help maintain healthy joints.

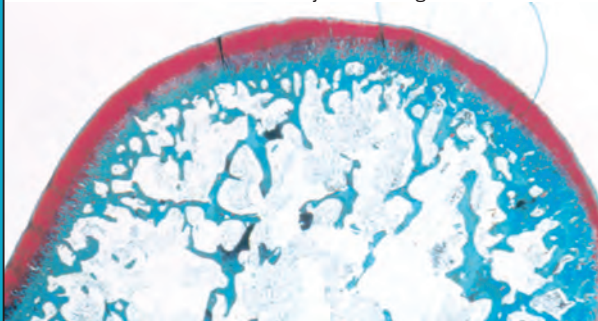
This information leaflet has been produced by Vetoquinol, the company behind Flexadin - its new generation joint health product. Vetoquinol was the first pharmaceutical company to launch a veterinary joint health product in the UK, in January 1999.

The information below will explain how joints work and tell you how you can best look after your pet's joints.

## **An owner's guide to healthy joints**

Joints are complex structures and like other parts of the body, they need looking after. One of the most important constituents of a joint is cartilage. Cartilage tissue surrounds the bone ends to protect the bone and absorb shock from movement. The highly complex structure of cartilage allows opposing ends of a joint to articulate smoothly and painlessly. Cartilage can easily become damaged. This can occur in older pets due to the inability to maintain cartilage function. It can also occur in younger (or overweight) pets that have had excessive strain on the joint or after orthopaedic surgery. Once this damage has occurred, bony changes occur and this will get worse unless cartilage can be rebuilt.

Cross section of joint cartilage



# Maintaining healthy joints

There are three important areas about which your vet might advise you. Often a range of simple actions will produce the best results:



**Weight management**



**Exercise regimes which may include physiotherapy**



**Usage of joint supplements such as Flexadin**



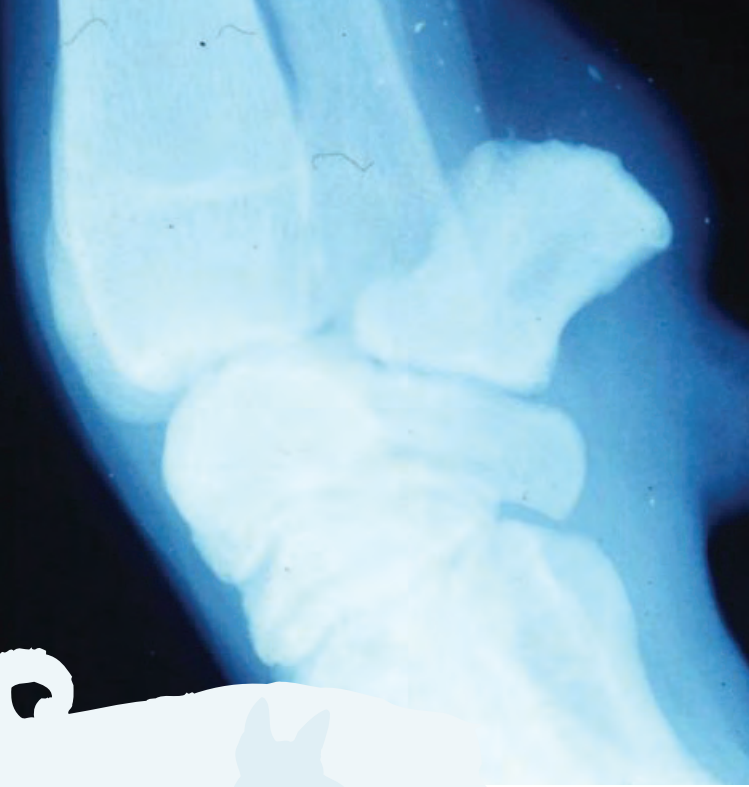


## Weight Management

Excess weight puts more pressure on the joints and overweight animals are more prone to develop joint problems. Mr Andy Torrington MRCVS, Veterinary Orthopaedic Surgeon, Torrington Orthopaedics, Brighouse explains more:

*“Being of ideal body weight is often associated with a healthy lifestyle in general, with a good match between energy intake (through food) and energy output (through exercise). In contrast, dogs that are overweight often lead a more sedentary lifestyle and thus have poorer muscle mass and tone. The combination of increased load (weight) and lack of support for joints through impoverished muscle mass and tone can lead to premature degeneration of joints. Consider the following: During sit to stand and stand to sit, a force that is nine times your dog’s body weight is loaded through each knee. If your pet is 4 kg overweight this adds a further 36 kg to each knee during the simple act of getting up from rest! “*

Your veterinary practice is best placed to advise you on the use of balanced veterinary diets and proper nutrition. If your pet is overweight, there are specific weight management diets that can help your pet lose weight more easily. If in doubt about your pet’s weight, ask a member of the staff at your veterinary surgery - they will be happy to help.



## Exercise

A correct exercise programme for your dog is not necessarily very difficult. Here's what Andy Torrington MRCVS has to say:

*“Exercise for dogs is not simply a physical pursuit; it is also a sensory one. If as a result of clinical joint disease your pet's activity is restricted to short sessions, try to vary the location of exercise so that there are new sights, sounds and smells. Imagine reading the same newspaper day after day! In terms of safe exercise these may include: walking on a flat surface, walking in a pool, slowly climbing a ramp or stairs, swimming, sitting and standing repeatedly etc. Exercise sessions should be short initially, usually 5-10 minutes. If off-lead activity is permitted, it is useful to have a period on the lead at the beginning and after the free session, walking at a moderate pace. These periods act as warm up and cool down periods, just as we would if we were exercising. Goal orientated activity such as chasing a ball or another dog, should be engaged in with caution in dogs with joint disease, as this type of activity is more often associated with inadvertent injury to joints and muscles than other activities.”*

You may also wish to help your pet through regular massaging. For more information on how best to do this, please refer to the Flexadin massage cards, which are included in the Flexadin client support pack.

For specific advice on an exercise and physiotherapy regimes for your pet, speak to your veterinary surgeon. They know your pet and are best placed to give specific advice.



## Why your veterinary practice uses Flexadin

Your veterinary surgeon has chosen Flexadin as your pet's joint supplement for several very important reasons:

- Flexadin contains high-purity glucosamine and high-purity low molecular weight chondroitin. Molecular weight and purity are important factors to ensure the effectiveness of these ingredients.
- Flexadin contains exactly what it says on the label. Manufacturing standards are very high and correspond to the standards practised by the pharmaceutical industry. Incoming raw materials are controlled before being released into the manufacturing area and the final product is also controlled at the end of the production process.
- Flexadin contains a unique combination of ingredients that enable you to provide a good, all-round joint support for your pet. With Harpagophytum as an additional ingredient, you can now take joint support one step further, ensuring that your pet's quality of life improves in the earlier stages of Flexadin administration.



# Flexadin - a unique, complete joint support formula

## Flexadin chewable tablets contain:

Glucosamine HCl 99% pure	500mg
Chondroitin sulfate 95% pure	400mg
Harpagophytum procumbens (Devil's Claw)	150mg
Manganese (as Manganese sulfate)	10mg

## How does Flexadin work

After considering all the latest scientific information available, your vet has chosen to use Flexadin. Flexadin contains a unique combination of four important ingredients needed for maintaining the healthy cartilage.

### Glucosamine and chondroitin

- Demonstrated to support normal cartilage function and help maintain healthy joints

### Harpagophytum procumbens (Devil's Claw)

- Natural ingredient, unique in its class
- Offers your pet an improvement in the quality of life during the earlier stages of Flexadin administration
- Enables you to take joint management one step further and offer good all-round joint support to your pet

### Manganese

- Acts as a co-factor and facilitates the actions of glucosamine and chondroitin

**Through the unique combination of these four ingredients, Flexadin supports normal joint function, ensuring that your pet's joints are properly looked after.**



## A practical guide to administering Flexadin to your pet

As Flexadin is frequently given for life, we want to make giving Flexadin as easy for you and your pet as possible. Your veterinary surgeon will advise you on the frequency and amount of Flexadin to give. Flexadin is available as a flavoured chewable tablet and the tablet can be given to your pet in a variety of ways. Here are some tips that might help you to give Flexadin to your pet:

- 1. Pets eating tinned or fresh moist food -**  
place chewable tablet/s on top of the food.
- 2. Pets eating dry food -**  
moisten the food slightly and place chewable tablet/s on top.
- 3. Giving Flexadin separate from feeding -**  
if you want or need to give Flexadin without food, then try giving your pet a chewable tablet as a treat. Most owners find this very rewarding and 'Flexadin time' becomes 'treat time'.

After an initial period, your veterinary surgeon might recommend a gradual reduction in daily Flexadin intake, to find your pet's maintenance level.

**For further information and advice on using Flexadin consult your veterinary surgeon.**



Further information is available from:  
**VETOQUINOL UK LIMITED,**  
VETOQUINOL HOUSE, GREAT SLADE,  
BUCKINGHAM INDUSTRIAL PARK,  
BUCKINGHAM. MK18 1PA.

**VETOQUINOL IRELAND LIMITED,**  
VETOQUINOL HOUSE, GREAT SLADE,  
BUCKINGHAM INDUSTRIAL PARK,  
BUCKINGHAM. MK18 1PA.

 **Vétoquinol**  
*Signe de Passion*

[www.flexadin.co.uk](http://www.flexadin.co.uk)