



Joints are what allow us to move freely and do the things we enjoy. Because we use our joints so much, they undergo a lot of wear-and-tear throughout our lives. And as we get older, our bodies don't produce as much collagen, which we need to keep our joints strong and functional. Excess weight, poor diet and poor hydration, and physical activity can affect our ability to move freely.

Giving our joints the support they need is more than a simple healthy habit. It's an important—and underrated—way to maximize our quality of life and ensure we have the mobility to keep doing the things we love.

Unicity's Joint Mobility contains a powerful blend of ingredients—undenatured collagen type II (UCII), vitamin D3, turmeric, and boswellia extract—formulated to support joint health. UCII promotes normal, healthy strength and elasticity of cartilage, and turmeric and boswellia extract support normal healthy joint function. These ingredients work together to keep your joints healthy and strong so you can keep moving.

### **Features**

- Small, easy-to-take capsules
- Formulated to support joint health and mobility
- Support for the 300+ joints in the body

### **Benefits**



Promotes normal healthy joint function, mobility, and strength



Promotes normal healthy strength and elasticity in the cartilage



Helps support the body's production of joint collagen

### Use

Take two capsules daily with water.

Pro Tip: Joint Mobility can be taken at any time, but we recommend taking it with your evening meal. Taking it with food helps the body absorb nutrients better, plus your body will maximize the benefits while you sleep.

## **Ideal For**

Adults of all ages who want to support their joints

Athletes and anyone proactively looking to support their joints so they can stay active

Those who want to support their joints with a multifunctional joint-health supplement

## **Ingredients**



Undenatured Type II Collagen UCII: This type of collagen helps keep the cartilage strong and healthy. UCII is known as an effective joint-supporting compound.



**Turmeric Extract:** Turmeric has been used for centuries for its joint-supporting benefits. Curcumin, a compound carried in turmeric, has strong antioxidant properties.



**Boswellia Extract:** Taken from frankincense trees, boswellia extract has been used traditionally for thousands of years to help with joint support and overall health and wellness.



**Vitamin D3:** Enhances the body's calcium and magnesium absorption.

# Joint Mobility

Frequently Asked Questions



# At what age can you start taking a collagen supplement like Joint Mobility?

Joint Mobility is safe for adults of all ages.

#### When is the best time to take Joint Mobility?

Joint Mobility can be taken at any time, but we recommend taking it with your evening meal. Taking it with food helps the body absorb nutrients better, plus your body will maximize the benefits while you sleep.

## Is Joint Mobility compatible with a vegetarian/vegan lifestyle?

No. The type II undenatured collagen (UCII) used in Joint Mobility is sourced from poultry. Many studies support its use for joint health.

## Can I take Joint Mobility with Unicity's Bone Fortify?

Yes, many take Joint Mobility alongside Bone Fortify, as the ingredients in both products work together to support bones and joints.

