

### *What is **ActiveBlendz Flex**?*

We start with sweet strawberries and lip-smacking lemons—ripe with flavor—and combine them with herbs that nourish your joints and reduce swelling with every delicious sip. Satisfy your tastebuds, reduce inflammation and discover better mobility with ActiveBlendz® Flex featuring boswellia and natural collagen concentrate.\*

### *Is there any caffeine in **ActiveBlendz Flex**?*

No. ActiveBlendz Flex is 100% caffeine free so it can be enjoyed any time of day.

### *What are the ingredients in Javita's **ActiveBlendz Flex**?*

*AB Mobility Blend (Boswellin and UC-II), citric acid, natural flavors, lemon fruit juice powder, stevia (leaf) extract, strawberry (fruit) powder and blackberry (fruit) powder.*

### *What is **AB Mobility Blend**?*

The **ActiveBlendz** (AB) Mobility Blend is a proprietary blend of a patented form of boswellic acid and a natural collagen concentrate.

### *What is Boswellin® (a patented boswellic acid) and why is it included in **ActiveBlendz Flex**?*

Boswellic acid is a natural occurring compound in boswellia serrata (also known as frankincense). The gummy resin derived from the bark of Boswellia is widely used in [Ayurvedic](#) medicine. It contains the compound boswellic acid, which exhibits certain biological properties. In lab animals, boswellic acid inhibited an enzyme important to inflammation. A few clinical trials in patients with colitis and osteoarthritis have also shown anti-inflammatory effects?

### *What is UC-II® (natural collagen concentrate) and why is it included in **ActiveBlendz Flex**?*

UC-II is an ingredient found in many supplements for joint health, either as a stand-alone ingredient or in combination with other ingredients. UC-II contains a patented form of undenatured type II collagen. Based on laboratory and clinical studies, UC-II differs from [hydrolyzed or denatured collagen](#) because it contains active immune modulators that reduce the secretion of enzymes that break down type II collagen, thereby slowing the inflammatory response.

### *What is citric acid?*

Citric acid is a natural preservative derived from fruits. It's been awarded GRAS status—meaning it is generally regarded as safe. It has been included to help provide flavor balance.

### *What are the natural flavors used in **ActiveBlendz Flex**?*

The natural flavors in **ActiveBlendz Flex** are derived from a proprietary blend of extracts and fruits. Individual ingredients are considered trade secrets and are not disclosed.

Why is lemon (fruit) juice powder included on **ActiveBlendz Flex**?

[Gout](#) is a type of arthritis that causes pain and stiffness in your joints. About [4 percent](#) of adults in the United States have gout. In fact, gout is the [most common Trusted Source](#) type of inflammatory arthritis in men. A [2017 study](#) found that lemon juice and lemon extract help to lower uric acid levels in blood. Adults with high uric acid levels drank freshly squeezed lemon juice every day for six weeks. The same research trial tested lemon fruit extract on mice with high uric acid. The mice also showed lowered levels of this acid.

*What is stevia leaf extract?*

Stevia leaf extract is born from the sweet leaves of the stevia plant, which is a member of the chrysanthemum family and is native to South America. To extract the plant's intense natural sweetness, stevia leaves are harvested and dried. The leaves are then steeped in hot water. The resulting liquid extract is filtered, purified and dried, resulting in the crystalized stevia leaf extract.

Why is strawberry (fruit) juice powder included on **ActiveBlendz Flex**?

Doctors at the University of Nevada at Las Vegas published research (December 2018) in the journal Food & Function ([1](#)) which investigated knee osteoarthritis in obese people with high cardio-metabolic risk factors (high blood pressure, high blood sugar, abnormal blood cholesterol). They noted that eating strawberries have been shown in clinical research to alleviate some arthritis symptoms in obese patients and to also impact problems of chronic inflammation by reducing inflammatory markers. What they found was strawberries lowered TNF- $\alpha$ , and lipid peroxidation byproducts (toxic fatty acid production and inflammation) in obese adults with knee osteoarthritis.

*What are the natural colors used in **ActiveBlendz Flex**?*

The natural colors in **ActiveBlendz Flex** are derived from a proprietary blend of fruits. Individual ingredients are considered trade secrets and not disclosed.

*What benefits might be observed from drinking **ActiveBlendz Flex**?*

Superior formula, refreshing flavor and convenience aside, **Flex** helps improve joint function, target inflammation, decrease discomfort, reduce joint inflammation and improved mobility.\*

*Where is **ActiveBlendz Flex** manufactured?*

All our products are manufactured in the USA.

*Is **ActiveBlendz Flex** gluten free?*

Yes, **Flex** is gluten, calorie and sugar free.

*How is it packaged?*

Javita's **Flex** is individually packaged in FDA approved, food-grade stick-packs. There are 24 sticks in each box.

*What is the shelf life of the products?*

Since the product is individually packaged, you should expect each stick pack to preserve its taste and freshness for two years.

*How should it be prepared?*

For the perfect cup of **Flex**, tear open the stick pack, mix with 10-12 oz of ice cold or sparkling water and stir.

*What is the serving size?*

Each stick pack is a single serving.

*Is it safe to consume more than one packet a day?*

Yes. Please feel free to consume **ActiveBlendz Flex** the same way you currently consume your favorite fruit drink.

*How much does it cost?*

The cost of **ActiveBlendz Flex** varies based on whether the person making the purchase is a DCC Affiliate, Club Member or Preferred Club Customer..

*Where do I find more information on **ActiveBlendz Flex**?*

For product testimonials, club product profiles, scientific white papers and more, you can visit our blog at [dcclife.com](http://dcclife.com).

*How do I contact the DCC?*

The Dollar Coffee Club Member / Affiliate Services can be reach (Monday-Friday 9am to 6pm EST) toll free at 1-855-528-4821 or via email at [support@javitamail.com](mailto:support@javitamail.com).