



Case Studies

1

EXERCISE-INDUCED JOINT PAIN RELIEF

A trial in healthy people demonstrated NEM®'s ability to reduce joint stiffness from exercise, as well as relieve mild joint soreness and pain from over-exertion within the first 8 days.

2

POWERFUL ANTI-INFLAMMATORY

Curcumin has been shown to hold powerful natural anti-inflammatory properties post physical exercise.

3

5-LOXIN® BOSWELLIA CLINICAL TRIAL

5-LOXIN has been the subject of 13 pre-clinical studies and 2 human clinical trials. One of the key features of 5-LOXIN in formulations within clinical work is that it has demonstrated efficacy starting at 7 days.

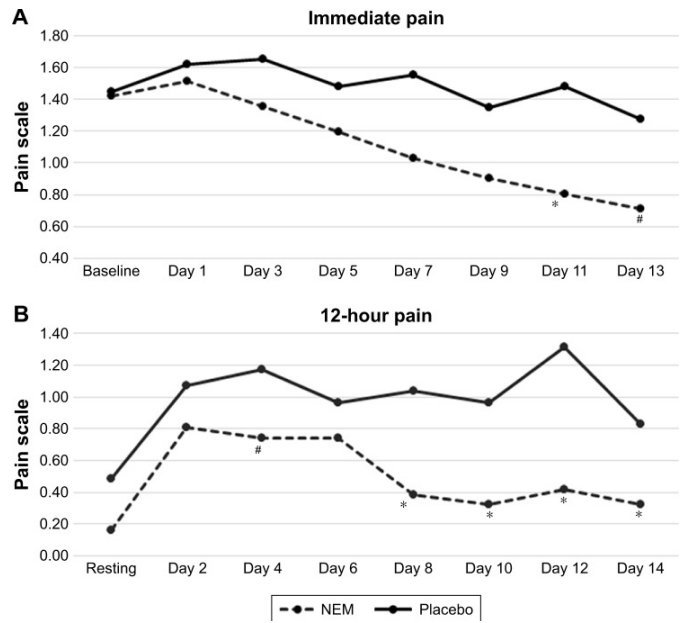


Figure: A plot of immediate pain (A) and 12-hour pain (B) in NEM-supplemented and placebo groups across 2 weeks of exercise.

MOTION ARMOUR Joint Longevity

- GCM COMPLEX Joint Freedom
- ELITE CALCIUM Bone Health
- TRIPLE MAGNESIUM Professional Recovery

Exercise Recovery Studies -Human

Study Title

Study Summary

Ruff KJ, et al. Beneficial effects of natural eggshell membrane versus placebo in exercise-induced joint pain, stiffness, and cartilage turnover in healthy, postmenopausal women. Clin Interv Aging. 2018 Feb 19;13 : 285–295

Beneficial effects of natural eggshell membrane versus placebo in exercise-induced joint pain, stiffness, and cartilage turnover in healthy, postmenopausal women

NEM® rapidly improved recovery from exercise-induced joint pain (Day 8) and stiffness (Day 4) and reduced discomfort immediately following exercise (stiffness, Day 7).

Chilelli NC, et al . Curcumin and Boswellia serrata Modulate the Glyco-Oxidative Status and Lipo-Oxidation in Master Athletes. Nutrients. 2016 Nov 21; 8(11): 745

Modulate the Glyco-Oxidative Status and Lipo-Oxidation in Master Athletes.

Data suggest a positive effect of supplementation with curcumin and Boswellia on glycoxidation and lipid peroxidation in chronically exercising master athletes.

Sengupta, K. et al (2008). A double blind, randomized, placebo controlled study of the efficacy and safety of 5-Loxin® for treatment of osteoarthritis of the knee. Arthritis research & therapy, 10(4), R85.

A double blind, randomized, placebo controlled study of the efficacy and safety of 5-Loxin® for treatment of osteoarthritis of the knee.

100mg 5-Loxin® Boswellia extract per day improves joint pain and functional outcomes in participants with diagnosed knee osteoarthritis, when compared to a group taking a placebo.