

BREAKTHROUGH IN JOINT PAIN AND STIFFNESS RELIEF

Studies show significant pain reduction and increased flexibility using a commonly-available product

Natural Eggshell Membrane (NEM) is a new dietary supplement containing naturally-occurring glycosaminoglycans and proteins essential for maintaining healthy joint and connective tissues. In 2009, three clinical studies were conducted by ESM Technologies, LLC Cathage, MO, using Natural Eggshell Membrane (NEM) to treat Joint Connective Tissue (JCT) Disorder. The studies yielded valuable information on this new product and provided significant relief from pain and stiffness. The prognosis is good, and NEM has strong possibilities as a safe, effective therapeutic option for treatment of pain and inflexibility associated with JCT Disorder.

Two of the studies were conducted with 2 separate patient populations to evaluate NEM's effectiveness in treating general pain and inflexibility associated with JCT Disorder. The first study was a "single arm" trial and involved 11 patients. The second, a "double-arm" trial, involved 28 patients. Each patient in both studies received NEM in a 500-mg oral dose once daily for 4 weeks. For both studies, the primary objective was to measure the change in general pain associated with the treatment after 7 and 30 days, respectively. In addition, the single-arm trial included range of motion (ROM) and related ROM-associated pain and flexibility evaluations.

The results of the single-arm trial showed significant measured responses: At 7 days, a 72.5% reduction in general pain and a 27.8% increase in flexibility were realized. At 30 days, ROM-associated pain was reduced 75.9% and flexibility increased to 43.7%.

The double-arm treatment results showed a pain reduction range of 18.4% to 31.3% at 7 days, and a 30.2% reduction in pain at 30 days.

The results of these studies clearly indicated that supplementation of 500 mg of oral NEM taken once daily, showed significant reduction in pain and increase in flexibility. These results were realized rapidly (within 7 days) and continuously (30 days). The studies also showed that treatment was effective in a large percentage of respondents.

The third clinical study was a randomized, double-blind, placebo-controlled evaluation conducted for the purpose of measuring NEM's effectiveness in the treatment of joint pain and stiffness from Osteoarthritis of the knee. The study involved 67 patients over 8 weeks, daily doses of either 500 mg of NEM or a placebo, and were measured at 10, 30 and 60 days. After only 10 days of NEM use, results were significant: a mean 15.9% in pain reduction, and 12.8% reduction in stiffness were reported in patients taking the daily dose of NEM. Placebo use yielded negligible measured responses.

In all cases, no significant adverse effects were experienced during any of the three studies, pointing to a promising future for this safe and effective natural supplement.

Glycosaminoglycans are a protein-polysaccharide complex which occur naturally in plants and the human body. They have been called the ultimate cell regenerators and are used in the building of bones, cartilage, skin, tendons and many other tissues in the body. They also help support collagen structure and increase skin's elasticity.

References:

Clin Interv Aging. 2009;4:235-40. Ruff KJ, DeVore DP, Leu MD, Robinson MA. (6-9-2009)

Clin Rheumatol. 2009 Aug;28(8):907-14. Ruff KJ, Winkler A, Jackson RW, DeVore DP, Ritz BW. (4-2-2009)

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