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NEM® Natural Eggshell Membrane Helps Relieve Joint Pain

About NEM

- Multiple clinical trials have shown that natural eggshell membrane (NEM) reduces the pain and stiffness associated with osteoarthritis of the knee, as well as exercise-induced pain and stiffness.
- Eggshell membrane (completely shell-free) is found in the space between the calcified shell and the albumin of chicken eggs. It provides many nutrients associated with joint health, including glucosamine, chondroitin, hyaluronic acid, and collagen type I.[1]
- Multiple studies indicate that NEM reduces the expression of numerous inflammatory compounds associated with joint inflammation.[2,3]
- NEM has also been shown to reduce urinary levels of a biomarker for cartilage degradation (C-terminal cross-linked telopeptide of type-II collagen, CTX-II) among healthy postmenopausal women. CTX-II has been shown to be elevated in several joint diseases, including osteoarthritis and rheumatoid arthritis, as well as in response to strenuous exercise.[4]
- In addition to having a joint protective effect, a double-blind, placebo-controlled trial showed that NEM rapidly reduced pain, stiffness, and discomfort following moderate-intensity exercise in healthy postmenopausal women within approximately one week of use.[4]
- Controlled trials have shown reductions in pain and stiffness associated with osteoarthritis of the knee within approximately 10 days of use.[1,5,6]
- Open-label trials have also shown rapid improvements in pain and flexibility for people with multiple joint and connective tissue disorders.[7]

How to Use NEM

- Take 1 capsule per day or as directed by a health care practitioner. Consult a health care practitioner for use beyond 8 weeks.

Cautions and Contraindications

- Do not use if you have a known allergy to eggs or egg by-products. Consult a health care practitioner prior to use if you are pregnant or breast-feeding. Consult a health care practitioner if symptoms worsen. Keep out of reach of children.

Drug Interactions

- No known drug interactions.

Quick Tips for Optimal Health

☐ In addition to helping maintain a healthy weight, the Mediterranean diet has also been shown to improve symptoms of osteoarthritis, including pain severity. This diet emphasizes fruits, vegetables, and whole grains, along with healthy fats, primarily olive oil, as well as nuts, fatty fish, and low-fat dairy.[8]

☐ A combination of diet and exercise has been shown to improve symptoms of knee osteoarthritis to a greater degree than either intervention alone. Among participants in the Intensive Diet and Exercise in Arthritis (IDEA) trial, after a trial lasting 1.5 years, improvements in weight and osteoarthritis symptoms were still observed 3.5 years after the study ended.[9]

☐ While exercise has been shown to improve symptoms of osteoarthritis, the superiority of one type of exercise to another has not clearly been shown. For example, no advantage of high-, medium-, or low-intensity exercise has been demonstrated, allowing for some flexibility when choosing an exercise program.[10,11]

☐ Supplementation with omega-3 fatty acids has been associated with a reduction in joint pain and improved joint function among people with osteoarthritis in multiple randomized clinical trials.[12]

☐ Botanical anti-inflammatories, such as curcumin, have also been associated with pain relief for people with knee osteoarthritis.[13]

☐ Muscle soreness that begins 1–3 days following high-intensity exercise (DOMS or delayed-onset muscle soreness) may be improved with several interventions, including the use of kinesio tape in combination with compression sleeves.[14]

☐ Cold immersion therapy has been shown to help speed the recovery from strenuous exercise and reduce muscle soreness.[15]

PATIENT NAME: _____

PRACTITIONER NOTES:

PRACTITIONER CONTACT INFORMATION:

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