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NEM® Eggshell Membrane – Helps Support Joint Health*

About NEM

- Multiple clinical trials have shown that eggshell membrane (NEM) helps support normal joint movement and flexibility.*
- Eggshell membrane (completely shell-free) is found in the space between the calcified shell and the albumin of chicken eggs, and contains naturally occurring collagen, chondroitin, and hyaluronic acid.*[1]
- Multiple studies indicate that NEM helps maintain the normal healthy expression of numerous cytokines, natural molecules that help support normal immune responses already within the normal range.*[2,3]
- NEM has also been shown to help maintain urinary levels of C-terminal cross-linked telopeptides of type II collagen (CTX-II), a marker of cartilage turnover, already within the normal range, in healthy postmenopausal women.*[4]
- According to controlled trials, NEM has been shown to support joint comfort and mobility in as little as 7–10 days.*[1,5,6] Additionally, results from open-label trials suggest benefits may be experienced within the first week of use.*[7] Individual results may vary.*
- In one double-blind, placebo-controlled trial with healthy postmenopausal women, NEM helped support normal joint comfort and flexibility following moderate-intensity exercise within approximately one week of use.*[4]

How to Use NEM

- Take 1 capsule per day or as directed by a health care professional.

Cautions and Contraindications

- Consult your health care professional prior to use if you are pregnant, trying to become pregnant, breastfeeding, taking medication, have a medical condition, or anticipate surgery. Keep out of reach of children.

Quick Tips for Optimal Health

☐ The Mediterranean diet may help support and maintain a healthy weight, which may assist with joint comfort.* 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]

☐ Clinical research on healthy adult men and women evaluating the impact of diet and exercise on healthy joint mobility and comfort over a 3.5-year period concluded that a combination of diet and exercise may support normal joint comfort and mobility in healthy individuals with joint discomfort, offering additional benefit when used together versus alone.* A secondary analysis of this subset of participants >=55 years old, who had successfully completed the diet and exercise program for joint health for at least 1.5 years, showed that these participants still maintained significant benefits in healthy joint mobility and comfort.*[9]

☐ Various forms of exercise have been shown to support normal joint comfort and mobility, giving you the flexibility to choose an activity you enjoy.*[10,11]

☐ In a meta-analysis of nine randomized clinical trials, including a total of 2,070 patients with joint discomfort, supplementation with omega-3 fatty acids was shown to support healthy joint mobility and comfort.*[12]

☐ Curcumin, the phenolic curcuminoid pigment responsible for the yellow color of turmeric root, has also been associated with healthy joint mobility and comfort.*[13]

☐ Kinesio-taping may contribute to healthy joint mobility and comfort.*[14] In a meta-analysis of five randomized controlled trials, kinesio-taping contributed to normal knee joint mobility and comfort in healthy individuals. Out of 308 participants ages 39–94, the kinesio-tape group experienced noticeable improvements in healthy knee joint mobility and function, compared to the control group.*[14]

☐ Hydrotherapy may also contribute to healthy joint mobility and comfort.*[15] In a meta-analysis of six randomized controlled trials, hydrotherapy noticeably supported healthy joint mobility and comfort.*[15]

USER NAME: _____

PROFESSIONAL NOTES:

PROFESSIONAL CONTACT INFORMATION:

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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