



Nutritional support for cartilage health and overall joint comfort production

APPLICATIONS / BENEFITS

- Nourishes cartilage matrix
- Provides lubrication for joints
- Convenient 1 capsule per day dose
- UC-II shown to be more than 2X as effective in promoting joint health as 1,500mg glucosamine & 1,200mg chondroitin as rated by WOMAC, VAS and the Lequesne functional index⁽¹⁻⁴⁾

JOINT HEALTH FINALIST

Patient One Cartilage Care was selected as a top 5 Finalist in the Joint Health Category in the 2017 SupplySide Editor's Choice Awards, which recognize nutritional health formulas for innovation and market impact.



OVERVIEW

Patient One Cartilage Care provides a synergistic combination of clinically proven ingredients to help strengthen and support the maintenance and natural repair processes of healthy connective tissue. This formula supplies UC-II® undenatured type-II collagen complex, MSM (as OptiMSM®) and Meriva® Turmeric to promote joint health and comfort in a convenient, one capsule per day dose. Additionally, it provides support for skin, hair and nails.

KEY INGREDIENTS

UC-II® Undenatured Type-II Collagen Complex is a natural collagen concentrate derived from chicken sternum cartilage through a patented, non-enzymatic process which ensures that the type II collagen remains in its native triple helix form for optimal biological activity. UC-II is standardized to 25% undenatured type II collagen. Chicken collagen is a common food that has been consumed for centuries. With its unique mechanism of action, UC-II works in the small intestine through a process called oral tolerization to help slow down the degradation of type II collagen in the joints.

UC-II is clinically proven to increase joint comfort, flexibility and mobility twice as effectively as glucosamine and chondroitin.

In a randomized, double-blind trial involving 52 subjects, 40 mg of UC-II was more than twice as effective in promoting joint health as 1,500 mg of glucosamine and 1,200 mg of chondroitin as rated by WOMAC, VAS and the Lequesne functional index.

A human pilot study with five women supplemented with 40 mg of UC-II for 42 days showed statistically significant support for joint comfort and flexibility.

Meriva® Turmeric Phytosome™

Turmeric's active constituent curcumin acts as an orchestrator of whole body inflammatory responses, influencing pro-inflammatory COX enzymes, their transcription factors and gene expression. However, turmeric's absorption is poor. **Meriva®**, a patented *Phytosome* delivery form of curcumin, binds turmeric's curcuminoids to phosphatidylcholine to enhance oral absorption and bioavailability by up to 29X. The improved oral bioavailability of curcumin as Meriva® has been translated into clinical efficacy for addressing the natural inflammatory response function at dosages significantly lower than those associated to uncomplexed curcumin. Studies have found that curcumin can increase collagen synthesis and positively support skin health as well.

A vital building block of joints, cartilage, skin, hair and nails, **OptiMSM® (methylsulfonylmethane)** is a sulfur-containing molecule that is found in various plants and in some body tissues. The major metabolite of DMSO (dimethyl sulfoxide), MSM is 34% elemental sulfur, a compound which is crucial in maintaining healthy tissues. While most known for its ability to support collagen production, the primary constituent of cartilage, skin and connective tissue, research indicates that MSM also modulates histamine release and inflammation. Numerous human and animal studies have

demonstrated that MSM supplementation reduced pain and joint stiffness and improved physical function. Additionally, participants using MSM in a skin study experienced improvements in fine lines and wrinkles, elasticity and skin firmness. Our formula supplies OptiMSM®, the result of a proprietary distillation process that guarantees an ultra-pure product.

RESEARCH

- In a randomized, double-blind, clinical study, 52 people with osteoarthritis of the knee took 40 mg of UC-II or 1,500 mg of glucosamine + 1,200 mg of chondroitin for 90 days. UC-II significantly decreased joint pain, discomfort and immobility compared to baseline using three different assessment tools: WOMAC, VAS and Lequesne functional index. UC-II reduced WOMAC score by 33%. Glucosamine + chondroitin reduced WOMAC score by 14%. UC-II reduced VAS score by 40%. Glucosamine + chondroitin reduced VAS score by 15%. UC-II reduced Lequesne score by 20%. Glucosamine + chondroitin reduced Lequesne score by 6%.²

- In a randomized, double-blind, parallel, placebo controlled study of oral glucosamine, MSM and their combination in osteoarthritis, 118 patients were randomized to receive placebo, 500mg Glu+ 500mg of MSM or combo of 500 mg Glu+500mg MSM for 12 wks. Glu, MSM and their combination produced analgesic and anti-inflammatory effect. VAS, Lesquesne index and consumption of rescue meds measured.⁸

- A multicenter, randomized, double-blind, placebo controlled clinical studies, a total of 186 subjects with osteoarthritis of the knee took 40 mg of UC-II or 1,500 mg of glucosamine + 1,200 mg chondroitin or placebo for 180 days. UC-II significantly improved joint function, mobility and flexibility compared to placebo and glucosamine + chondroitin using three different assessment tools: WOMAC, VAS, and Lequesne functional index.¹

–UC-II significantly reduced Lequesne and mean VAS and overall WOMAC scores at day 180 compared to placebo and glucosamine + chondroitin.

–Driving the change in overall WOMAC score for the UC-II® group were statistically significant reductions of 41% in WOMAC pain, 40% in stiffness and 39% in physical function subscales compared to baseline.

REFERENCES

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6. Belcaro G., Cesarone M. R., Dugall M. et al., Product-evaluation registry of Meriva®, a curcumin-phosphatidylcholine complex, for the complementary management of osteoarthritis, *Panminerva Medica* 2010 Giugno;52(2 Suppl 1).55-62.

7. Jurenka J.S., Anti-inflammatory properties of curcumin, a major constituent of Curcuma long: a review of preclinical and clinical research. *Altern. Med. Rev.* 2009, 14: p. 141-153.

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Supplement Facts	
Serving Size: 1 Capsule	
Amount Per Serving	
UC-II® Standardized Cartilage	40 mg*
Total Collagen	10 mg
Meriva® Turmeric Phytosome™ (<i>Curcuma longa</i> rhizome/ <i>Glycine max</i> soybeans) [Standardized for 18-22% curcuminoids]	100 mg*
OptiMSM® (methylsulfonylmethane)	500 mg*
* Daily Value not established	

Other Ingredients: vegetable cellulose, leucine, silica, rice flour

Contains: non-GMO soy

Free of: milk, egg, fish, peanuts, crustacean shellfish, tree nuts, wheat, and gluten. Free of ingredients derived from GMOs.

Suggested Use: Take 1 capsule daily, with a meal, or as directed by your health practitioner. Store in a cool, dry place.

Caution: If you are pregnant, nursing, or taking any medications, consult your health practitioner before use. Discontinue use and consult health practitioner if any adverse reactions occur. **Keep out of reach of children.**

OptiMSM® is a registered trademark of Bergstrom.

UC-II® is a registered trademark of InterHealth N.I.

Meriva® is a trademark of Indena S.p.A

Gluten Free **Non-GMO** **Vegetable Caps**

The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

(631) 390-9669 info@patientoneformulas.com patientoneformulas.com
415 Oser Avenue, Suite Q1, Hauppauge, NY 11788

