Maintaining strong joint function throughout life is a global health goal. In Europe, a recent survey reported that 38% of individuals over 18 are concerned about the health of their joints, making it the number one health concern. Wear and tear on aging joints along with the joint stress caused by obesity or injury all contribute to the increasing risk of developing joint dysfunction sufficient enough to impact daily activities.

Over-the-counter pharmaceutical pain relievers and anti-inflammatories are the most common treatments for joint pain and stiffness, but these are not ideal for long-term management and are only effective after symptoms appear. They can also damage the gastrointestinal lining, increasing the risk for GI bleeding. As a result, a growing number of individuals have opted for a proactive and more natural approach to joint care through lifestyle changes and nutritional supplementation. Most individuals who seek out a joint supplement want it to contain ingredients that are safe, backed by published research and convenient to use, ideally one that can be taken only once a day. Within this large group of ingredients, NEM® stands out as a joint support ingredient that naturally possesses attributes that meet all of these criteria.

NEM® is a food-sourced joint support ingredient composed of the thin inner membrane of a chicken eggshell. This membrane has a unique composition of proteins and peptides, including several types of collagen, as well as other components naturally found in our own joint tissue, such as hyaluronic acid and chondroitin sulfate.

The published research supporting NEM®’s benefits to joint tissue is impressive and continues to expand. The initial research included two small pilot studies*. They were both conducted in healthy individuals with discomfort and stiffness in a variety of joints including knees, hips, ankles, neck and elbows. The information gained from these open label studies provided the incentive for further research as they showed a clear indication of safety and efficacy in decreasing discomfort and increasing flexibility of the joints with one 500 mg dose per day. Significant results were observed for both pain and stiffness in as early as 7 days after beginning supplementation.

Following the positive results from the pilot studies, a randomized, double-blind, placebo-controlled multicenter study* was conducted to investigate NEM®’s effects on 67 individuals with mild to moderate osteoarthritis of the knee. This study clearly confirmed the results from the pilot trials. Once again, a single 500 mg daily dose resulted in statistically positive results in the treatment group compared to the placebo group from the first assessment at day 10. The positive trend continued to the end of the 60-day trial. No adverse events associated with the use of NEM® were reported.

An independent open label clinical trial* involving six centers was later conducted in Germany. This study reaffirmed the results from the prior trials and substantiated once again the safety and efficacy of NEM®. Though this study was not placebo-controlled, the consistency of results at six different facilities was impressive. This study was also significant in that it revealed the benefits from NEM® supplementation on more than one affected joint.

The knowledge of NEM® was expanded further through one in vitro trial followed by an animal study*. These two studies investigated NEM®’s observed anti-inflammatory activity and its effects in ameliorating inflammation through inhibition of the cytokines that contribute to unresolved inflammation. The in vitro trial also documented the effects of the human digestive process on NEM® functioning. The data showed that the inhibition of certain inflammatory markers was
Acknowledged NEM®’s benefits, where it has been granted authorized claims for the treatment of osteoarthritis.

NEM® is protected by the issuance of multiple patents.

For the perfect joint support ingredient, formulators need look no further than NEM®.

*Study references available upon request

Even enhanced after the in vitro digest. Both studies yielded favorable results with the animal model study supporting the results gained from the in vitro trial.

Even though the safety of NEM® can be assumed because of its source from a common conventional food, it has nonetheless been the subject of extensive safety testing and self-confirmed GRAS determination. With the exception of allergenicity to eggs, there are no known side effects from NEM® consumption, even at excessively high dosage levels. The production of NEM® is fully traceable from the egg source and throughout production in a U.S. GMP facility. Therefore, safety issues arising from adulteration or contamination are not areas of concern. NEM® does not interact or interfere with the metabolism of other ingredients and is therefore the perfect joint support ingredient in proprietary formulations.

The impressive efficacy research on NEM® and its exceptional safety record have expanded beyond its use in the U.S. The stringent regulatory bodies in Canada have even