

SOLUGEL[®]

collagen peptides

Clinical study

SOLUGEL[®] significantly reduces joint pain AND improves the mental well-being of the active middle-aged population. This was the outcome of a clinical study carried out in collaboration with Florida State University (FSU).

WHY THIS STUDY?

Exercising or improving physical fitness is (very) important for maintaining a sense of well-being and wellness. However, a dilemma arises for active middle-aged adults: they want to exercise, yet joint and muscle pain holds them back from doing so.*

MAIN RESULTS

Improvement in knee functionality: participants who consumed SOLUGEL[®] collagen peptides experienced a significant reduction in pain and improvement in knee functionality.

Increased daily activity levels: collagen peptides positively impacted daily living activities (ADLs) such as commuting, cleaning and shopping.

Improved mental health: SOLUGEL[®] collagen peptides also delivered improved mental health scores, while none of the participants in the placebo group experienced any improvement.



* Innova Lifestyle & Attitude Survey 2022

RESEARCH METHOD

A randomized, double-blind, placebo-controlled clinical trial where each participant consumed either a placebo or 5 g of SOLUGEL® collagen peptides twice daily during a period lasting more than 6 months. Their progress was assessed according to the Knee Injury & Osteoarthritis Outcome Score (KOOS) and Veterans Rand 12 Item Health Survey (VR-12).

SOLUGEL®
collagen peptides

Clinical study



Study participants
(75 males and females,
aged 40–65)



Healthy middle-aged
(no osteoarthritis
or joint injury)



Physically active
Min. 3-4 hours
of exercise per week



**Joint and/or
musculoskeletal pain**
(periodic but
sustained/chronic)

UNIQUENESS OF THE STUDY

This FSU study is **the first to examine the effects of collagen peptide supplementation** on the Veterans Rand 12 Item Health Survey (VR-12) and its significant mood-enhancing benefits. As a result of this unique study, there is now:

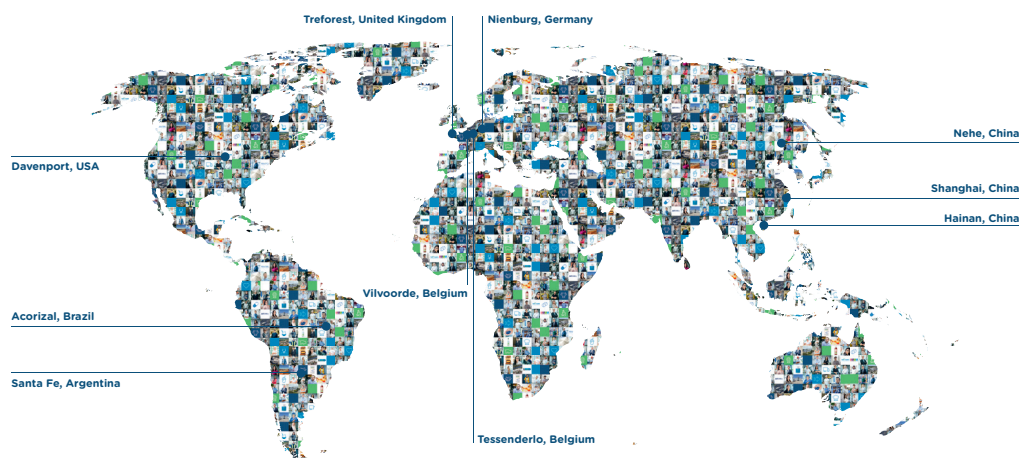
- Clinical evidence proving the long-term ability of collagen peptides to help reduce joint pain and make everyday activities easier.
- Improved mental well-being among the healthy and active middle-aged population.

SUMMARY

- **Less pain**
- **More activity**
- **Enhanced well-being**



Here for you, around the world - Global gelatin and collagen solutions manufacturer



www.pbleiner.com | info@pbleiner.com
Part of Tessenderlo Group

Over 100 years of craftsmanship



RESEARCH METHOD

A randomized, double-blind, placebo-controlled clinical trial where each participant consumed either a placebo or 5 g of SOLUGEL® collagen peptides twice daily during a period lasting more than 6 months. Their progress was assessed according to the Knee Injury & Osteoarthritis Outcome Score (KOOS) and Veterans Rand 12 Item Health Survey (VR-12).

SOLUGEL®
collagen peptides

Clinical study



Study participants
(75 males and females,
aged 40–65)



Healthy middle-aged
(no osteoarthritis
or joint injury)



Physically active
Min. 3-4 hours
of exercise per week



**Joint and/or
musculoskeletal pain**
(periodic but
sustained/chronic)

UNIQUENESS OF THE STUDY

This FSU study is **the first to examine the effects of collagen peptide supplementation** on the Veterans Rand 12 Item Health Survey (VR-12) and its significant mood-enhancing benefits. As a result of this unique study, there is now:

- Clinical evidence proving the long-term ability of collagen peptides to help reduce joint pain and make everyday activities easier.
- Improved mental well-being among the healthy and active middle-aged population.

SUMMARY

- **Less pain**
- **More activity**
- **Enhanced well-being**



Here for you, around the world - Global gelatin and collagen solutions manufacturer



Distributor info



www.pbleiner.com | info@pbleiner.com
Part of Tesserderlo Group

Over 100 years of craftsmanship

