Arthred®

Collagen Formula (Hypoallergenic)

Item # 72890
Available in bottles of 240 grams of powder

The Possible Benefits of Arthred®, a Dietary Supplement

- Clinically reported to nutritionally support healthy joint structure and function
- Supports the production and integrity of collagen, proteoglycans, and chondrocytes in connective tissue
- Provides nutritional support for healthy skin, hair and nails
- Helps to increase elasticity of connective tissue and relaxation of musculature
- May help reduce minor pain and improve range of motion
- Predigested for optimal absorption, easy to mix and use
- Supported in published clinical trials and protected by a U.S. patent

Description

Arthred® is a patented, low molecular weight, pharmaceutical grade hydrolyzed collagen product, which supports the production of healthy joint and connective tissue. From a bovine source, it is a free flowing predigested powder that is easily absorbed. It is made through a proprietary process that breaks down the collagen into very small pieces: 3 kilodaltons (kDa) for Arthred® vs. 70 kDa for regular gelatin. Clinically significant doses of regular gelatin typically cause severe gastrointestinal reactions including diarrhea, precluding its usefulness for cartilage support. Arthred®, by contrast, is extremely digestible and is well tolerated.

The Importance of Collagen

Collagen is the component of cartilage that provides its basic configuration, flexibility and strength. Ligaments, tendons, bones, skeletal muscle, skin, the digestive tract and the vasculature are all held together by collagen. It is also a major component of hair, skin and nails. As we age, we loose the ability to make collagen. Additionally, nutritional inadequacy, exposure to toxins and the stressful challenges of modern life can cause collagen to break down, resulting in skin wrinkles and sags, thinning of the hair, stiffness and decreased flexibility in the joints, and reduced vibrancy and strength of the skin and nails.

Arthred® hydrolyzed collagen is a unique protein, containing high amounts of certain amino acids, including glycine, proline, hydroxyproline and arginine. These amino acids have been linked to improved body composition, healthy bone and connective tissue, better skin appearance, tissue anabolism, increased metabolism, growth hormone secretion and wound healing. Once it is absorbed through the intestines, hydrolyzed collagen increases the serum levels of these amino acids. They are then transported to joints where they act as raw materials for the metabolically active cartilage cells.

Arthred® improves endogenous production of collagen, by both providing nutrition for the synthesis of proteoglycans, and by improving the function of chondrocytes. Articular chondrocytes are the cells that secrete the extracellular matrix of cartilage, and are of prime importance in the maintenance of a normal cartilaginous matrix. Collagen can help increase the rate of collagen growth in the joints and connective tissues. In fact, studies show that hydrolyzed collagen can help increase the rate of collagen synthesis up to 20-fold.

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Hydrolyzed collagen can help increase the elasticity of connective tissue, help relaxation of musculature with reduction in the intensity of pain, and support improvements in the range of motion and in the general condition. Benefits can sometimes occur quickly, within two weeks or a month.

Studies have shown hydrolyzed collagen may have major benefits as a key component of nutritional intervention in a number of conditions, and it has been used by doctors and in clinics and hospitals, for weight loss, nutritional support for the elderly and hospitalized, and for skin treatment including burns and wound healing.

Hydrolyzed collagen has been found to be effective alone or in combination with other modalities. One study found that its use with physical therapy was equal to its use alone, whereas physical therapy alone gave inferior results.

Arthred® is highly soluble in both cold and warm liquids, with mild taste and good palatability. It is quality control tested and is assured to be within safe limits for contaminants, such as molds, yeast, bacteria and heavy metals. The FDA concluded in a 1973 literature review that it does not contain antigens that can cause anaphylaxis. Hydrolyzed collagen is considered a food substance and has GRAS (Generally Recognized as Safe) status.

Each 2 Level Scoops (approx. 10.5 g) contain:

Calories 40
Protein 10 g
Hydrolyzed Collagen 10.5 g

Suggested Use: As a dietary supplement, mix 2 level scoops (2 Tbl) of powder into 8 oz juice, water or sports drink once daily, or as directed by a healthcare practitioner.

Arthred® may be used in combination with **Matrixx, Item # 72050**, as collagen and elastin in the proper ratio are important for membrane fluidity, elasticity and memory within joint tissues.

References

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