## Joint Health - Human Clinical Trials:

<table>
<thead>
<tr>
<th>Investigator</th>
<th>Study design</th>
<th>Patients</th>
<th>Time</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>Krug et al.</td>
<td>open label</td>
<td>56</td>
<td>6 months</td>
<td>25% reported “very good success”, 45% “noticeable improvement” in pain and general conditions</td>
</tr>
<tr>
<td>Götz et al.</td>
<td>open label</td>
<td>60</td>
<td>3 months</td>
<td>45% pain free, 30% improved symptoms</td>
</tr>
<tr>
<td>Oberschelp</td>
<td>comparative</td>
<td>154</td>
<td>3 months</td>
<td>Significant improvement of pain and mobility</td>
</tr>
<tr>
<td></td>
<td>open label</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Flechsenhaar</td>
<td>open label</td>
<td>100</td>
<td>3 months</td>
<td>Significant improvement in pain and joint functionality</td>
</tr>
<tr>
<td>et al.</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Seeligmüller</td>
<td>open label</td>
<td>519</td>
<td>6 – 15 months</td>
<td>Significant improvement in pain parameters and mobility</td>
</tr>
<tr>
<td>et al.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adam</td>
<td>double-blind</td>
<td>81</td>
<td>2 months</td>
<td>Significant improvement in pain parameters, significant reduction in analgesics consumption</td>
</tr>
<tr>
<td>Zuckley et al.</td>
<td>double-blind</td>
<td>250</td>
<td>2 months</td>
<td>Significant improvement in 3/6 isokinetic leg strength measures</td>
</tr>
<tr>
<td>Beuker et al.</td>
<td>double-blind</td>
<td>100</td>
<td>6 months</td>
<td>Significant improvement in several measures of hip, shoulder and knee joint mobility/flexibility</td>
</tr>
</tbody>
</table>

## Major breakthrough in the American Medical History!

Confirm that “hydrolyzed collagen” definitely can reduce joint pain and contribute to the regeneration of cartilage!

By Dr. James M. Rippe, M.D.

### Who needs BONE-M?
- Joint pain, stiffness and inflammation problems
- The elderly
- People who are overweight
- Long-term high heels users
- Those who desire to have beautiful skin
- People who do not exercise
- Those with joint pains caused by work or sports
- Injured Joints

### Direction for use
- To be consumed with empty stomach or during meal.
- Pour a satchel into 200ml room temperature water, stir well.
- Additional usage can be applied for arthritis Patient.
- Long-term consumption helps slow down aging process.

### Reference:
- Daniel J. Borg, Juan Zhang, Dina M. Lauritella, and Steven A. Moore. 2001. IL-10 is a Central Regulator of Cytokine Gene Expression and Proteoglycan Production. The Journal of Immunology. 166: 2674–2680.
PERFECT BONES
Healthy Cartilage & Spine
Cartilage prevents the wear and tear of our bones & Spine protects the nervous system

A typical human skeleton consists of 206 bones and 143 joints.
Bones are mainly made up of 70% collagen, calcium and phosphorus.
Bones make up a quarter (1/4) of the body weight.

Bone density starts to decline after the age of 30
Bone Aging follows after Body Aging...
According to a study, human bones condition reaches the peak at the age of 30 then deteriorates at the rate of 0.5 - 1% every subsequent year.

Acidic caused by today's improper eating habits, such as high consumption of white rice, white flour, red meat, fats, alcohol, soft drinks, white sugar, white salt and processed. In order to neutralize the acidity in the body, our body releases calcium ion (alkaline) from the bone marrow to maintain our health. Excessively release of calcium ion causes bone mass decrease, resulting in osteoporosis, arthritis and other bone-related diseases.

Bone-related Diseases
Damage to any section of the spine is fatal!
The damage of cartilage between the spines causes oppression of spinal nerves; the general symptoms are headache, discomfort, back pain, paralysis, restlessness. The more severe symptoms are joints deformity, hemiplegia and even paralyze.

Arthritis
The suffering of millions of people around the world
Unbearable pain and limited mobility!
Today, arthritis is a common disease. It is one of the main reasons for the loss of mobility. The initial symptoms of degenerative arthritis is ‘pain’; serious and persistent pain, which affect the daily functions of life such as walking, dressing, bathing, working etc. Furthermore it causes insomnia, neurasthenia and other serious diseases.

Bone-M 1
Exclusive Formula

- Longrich Bone-M is made using German biotechnology. The key ingredients are synergistically blended, this includes 3000 Dalton fine hydrolyzed collagen and potent anti-inflammatory mangosteen essence which are easily absorbed by our body, bones, tendons and connective tissues as well as escalates the regeneration of cartilage tissue. Human Clinical Trials proven that 10-gram “hydrolyzed collagen” definitely can reduce joint pain and contribute to the regeneration of cartilage.

1. Hydrolyzed collagen
2. Mangosteen extract
3. Anti-inflammatory probiotic
4. Inulin
5. Calcium lactate
6. Ascorbic acid
7. Mango powder
8. Isomaltulose
9. Stevia

Without collagen
With collagen

Bone-M clinical trial report shows:

3. Anti-inflammatory Probiotic
Selected probiotic (Lactobacillus spp.) with anti-inflammation properties by increasing the IL-10 for prevent rheumatoid arthritis.

4. Inulin
American Journal of Clinical Nutrition 2005;82:471-476 Studies have shown that Inulin (Prebiotic) enhances calcium absorption, bone mineralization and increase bowel movement.

5. Calcium lactate
According to New York State Department of Health, 99 percent of the calcium in your body is stored in your bones and teeth. Because of this, when the body is in need, calcium is taken from your bone. Depletion of calcium can cause our bones become brittle and weak. Calcium lactate is a nutritional supplement that helps maintain optimal levels of calcium used for the management, treatment and prevention of calcium deficiency, which ensures that the bones stay strong.

6. Ascorbic acid
Vitamin C (ascorbic acid) is a water-soluble vitamin. It is responsible for building collagen in bones, cartilage, muscle and blood vessels.

7. Mango powder
Its rich in phytochemicals. Mangos are an excellent source of carotenes, vitamin C and copper. The Institute of Food Science and Biotechnology in Germany has found that compounds extracted from mango peels have potent anti-inflammatory capabilities.

8. Isomaltulose
Isomaltulose is necessary for full mental and physical performance. Isomaltulose allows slow absorption of glucose, avoiding high peaks and sudden drops in glucose levels and therefore insulin levels as well. Provide a constant, more balanced way and extended stream of energy out of its caloric value of 4 kcal/g over a longer period of time for muscles and brain.

9. Stevia
Traditionally used as a natural sweetener, it has no calories and suitable for diabetes.