

List of Ingredients in Cellular Solutions Formulas Ingredients and Studies References:

Inflam R4

- **Partially Hydrolyzed Eggshell Membrane (NEM)**

- [Ruff K.J., Morton K.M., Duncan S.A., and Back M. \(2024\) Eggshell Membrane \(NEM\) Reduces Exercise-Induced Joint Pain, Stiffness, and Cartilage Turnover in Healthy Men and Women: A Randomized Controlled Trial. International Journal of Physical Medicine & Rehabilitation, 12\(2\), 1000722.](#)
- [Ruff, K.J., Morton, K., Duncan, S.A., Back, M., Ismail, A., Ryan, A.S. \(2020\) Eggshell Membrane+Fish Oil Combination \(Move3®\) Reduces Exercise-Induced Joint Pain, Stiffness and Cartilage Turnover in Healthy Adults: Results from a Randomized, Double-Blind, Placebo-Controlled Study. International Journal of Physical Medicine and Rehabilitation, 8\(3\),1000551.](#)
- [Damjanov, N., Novkovic, S., Basaric, M., Nikolic, A.K., Vagic, K., Pejnovic, N., Karic, V. \(2019\) NEM® Brand EggshellMembrane in the Treatment of Pain and Stiffness Associated with Knee Osteoarthritis: An Open Label Clinical Study. Journal of Arthritis, 8\(5\), 1000287.](#)
- Eskiurt, N., Saridoğan, Senel K., Günaydin, R., Erdal, A., Özyiğit, E., Akarirmak, Ü., Şendur, Ö., Barut, K., Gülseren, A., Özsoy, T., Tuncer, T., Karataş, Ö., İrdesel, J., Ketenci, A., and Aydogan, C. (2019) Efficacy and Safety of Natural
- [Eggshell Membrane \(NEM®\) in Patients with Grade 2/3 Knee Osteoarthritis: A Multi-Center, Randomized, Double-blind, Placebo-Controlled, Single-crossover Clinical Study. Journal of Arthritis, 8\(4\), 1000285.](#)
- [Ruff, K.J., Theodosakis, J., Morrison, D., Duncan, S.A., Back, M., and Aydogan, C. \(2018\) Eggshell Membrane: Beneficial effects of natural eggshell membrane versus placebo in exercise-induced joint pain, stiffness, and cartilage turnover in healthy, postmenopausal women. Clinical Interventions in Aging, 13, 285-295.](#)
- [Brunello, E., and Masini, A. \(2016\) NEM® Brand Eggshell Membrane Effective in the Treatment of Pain and Stiffness Associated with Osteoarthritis of the Knee in an Italian Study Population. International Journal of Clinical Medicine, 7, 169-175.](#)
- [Danesch, U., Seybold, M., Rittinghausen, R., Treibel, W., and Bitterlich, N. \(2014\) NEM Brand Eggshell Membrane Effective in the Treatment of Pain Associated with Knee and Hip Osteoarthritis: Results from a Six Center, Open Label German Clinical Study. Journal of Arthritis, 3\(3\), 136.](#)
- [Ruff, K.J., Winkler, A., Jackson, R.W., DeVore, D.P., and Ritz, B.W. \(2009\) Eggshell Membrane in the Treatment of Pain and Stiffness from Osteoarthritis of the Knee: A Randomized, Multicenter, Double Blind, Placebo Controlled Clinical Study. Clinical Rheumatology, 28, 907-914.](#)

- [Ruff, K.J., DeVore, D.P., Leu, M.D., and Robinson, M.A. \(2009\) Eggshell Membrane: A Possible New Natural Therapeutic For Joint & Connective Tissue Disorders. Results From Two Open-label Human Clinical Studies. Clinical Interventions in Aging, 4, 235-240.](#)

- **ApresFlex**

- **Clinical**

- [Karlapudi et al, 2022 *J Am Nutr Assoc*](#)
- [Sengupta et al. 2010 *Int J Med Sci*](#)
- [Vishal et al. 2011 *Int J Med Sci*](#)

- **Preclinical**

- [Sengupta et al. 2011 *Mol Cell Biochem* \(mechanism\)](#)
- [Krishnaraju et al. 2010 *Toxicol Mech Methods* \(toxicology\)](#)

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