



# UC-II® undenatured type II collagen improved knee range of motion (ROM) in healthy subjects:\* A randomized, double-blind, placebo-controlled clinical study<sup>1,2</sup>

**Study objective:** Determine the impact of UC-II® undenatured type II collagen supplementation on joint function and mobility in healthy subjects

**Study design:** **6-month** randomized, double-blind, placebo-controlled study

**Study subjects:** **96 healthy adults**, who experience knee-joint discomfort with physical activity. Ages **20 to 55 years old. 40 men and 56 women.**

Bioactive compounds

- UC-II®: Undenatured (native) type II collagen derived from chicken sternum

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Joint Flexibility\*

- Significant increase in knee flexion and extension<sup>1\*</sup>
- Significant improvement in joint flexibility – 15 times better than placebo<sup>1\*</sup>
- Helps joints feel close to 10 years younger<sup>1\*\*</sup>

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Joint Comfort\*

- May help reduce joint discomfort with physical activity<sup>2\*</sup>
- Makes walking more comfortable<sup>2\*</sup>

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Daily Step Count\*

- Helps improve walking distance<sup>¥2\*</sup>
- Helps improve daily step counts<sup>2¥\*</sup>

† Statistically significant increase in knee range of motion flexion (measured with goniometer) was observed in the undenatured collagen group versus the placebo group (3.23° vs. 0.21°; p = 0.025).\*

‡ According to CDC, an average adult loses 4° of knee flexion range of motion from the age ranges of 20-44 (141.9°) to 45-69 (137.8°).  
<https://www.cdc.gov/ncbddd/jointrom/>

¥ Statistically significantly higher number of daily steps in males from the UC-II® group versus placebo group over 24 weeks (+669 steps vs. -526 steps, p=0.037)\*

At Protocol For Life Balance®, we believe that combining the right nutrients will achieve maximum efficacy. We created Joint-UC™ by combining clinically evaluated UC-II® [undenatured (native) type II collagen from chicken sternum] and Aquamin® TG (a blend of seaweed derived minerals), which are both known to support joint health, mobility and flexibility.\* A recently published clinical study confirms that UC-II® can help joints feel younger and make walking more comfortable.\* You can recommend Joint-UC™ in confidence for your active patients in need of joint support.\*