

HIGH QUALITY COLLAGEN HYDROLYSATE -BASED FOOD SUPPLEMENT



**SPRING**  
JOINT HEALTH

Put the spring back in your step!

# Put the Spring back in your step!

Spring is a high quality collagen hydrolysate-based food supplement that stimulates the body to repair and maintain cartilage and other connective tissue.

Spring enables anyone suffering from cartilage degradation, joint-related sports injuries or flexibility problems to regain mobility and enjoy an improved quality of life.

Ideal for both amateur and professional sports people, musicians, Osteoarthritis sufferers (up to and including OA4) or simply those wanting to slow the natural aging process.

Athletes, even young fit ones, can benefit from Spring as it allows them to train harder for longer and recover quicker by keeping joints healthy, strong and supple.



## Enhancing a natural process...

Unlike conventional gelatine or collagen-based supplements, Spring contains a unique "twisted molecule" formulation that prevents it from being quickly broken down and flushed away, meaning more collagen

hydrolysate is absorbed by the body to help trigger the body's own natural rebuilding response for body tissues, cartilages, bones, tendons and ligaments.

*Spring stimulates natural cell growth in joint cartilage*



# Clinically proven...

Spring has undergone several clinical trials on hundreds of subjects with osteoarthritis or joint discomfort.

Trial	Subjects	Study	Results
Rippe et al. 1999	250 patients with symptoms of mild Osteoarthritis of the knee	Randomised, double-blind placebo-controlled study over 14 week regimen	Demonstrable improvements in torque, power and flexibility
Penn State Study on Varsity Athletes Clark et al. 2008	Student athletes with joint pain but no acute injuries	Randomised, double-blind, placebo-controlled design over a 24 week study period	Significant reduction in pain while walking, running, standing and at rest.
Tufts New England Medical Centre Dr. Timothy McAlindon	Subjects with mild Osteoarthritis	Randomised, double-blind, placebo-controlled design for an 11-month period	Significant positive effects in the appearance of greater cartilage density as measured by MRI

- ✓ Spring is supplied in a powder form that easily dissolves in water. It is not affected by heat and is stable if you want to mix it into hot drinks, soup, porridge or similar.
- ✓ Dosage is one 10-gram scoop per day for treatment purposes, or 5-grams per day as a maintenance dose. More is not better as the body simply washes out what it does not need.
- ✓ Effects are typically noticed over an 8 to 12 week period, depending on age and metabolism.
- ✓ Spring is derived from natural Bovine tissue and so is not suitable for vegetarians or vegans. No side effects have ever been recorded. It is not on any restricted list for competing athletes. Two week wash out period.

**In 100 days therapeutic dose or  
200 days maintenance dose  
available to order online or via select  
health and physiotherapy clinics.**



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