

PRESS RELEASE
September 21, 2021.

Unique evidence

Joint pain reduced among active middle-aged adults taking SOLUGEL® collagen peptides

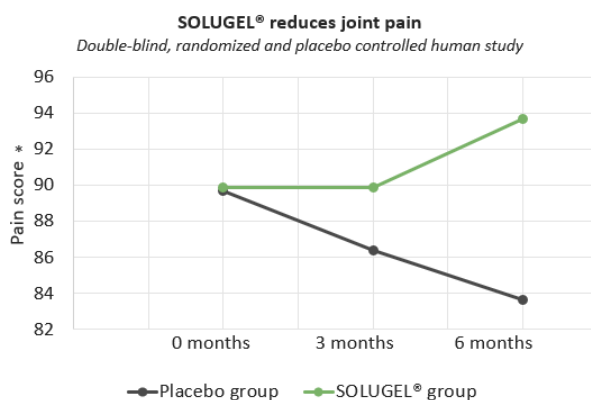
Vilvoorde, September 21, 2021- A clinical study examining joint pain in physically active middle-aged people has found that consuming SOLUGEL® collagen peptides can bring about significant reductions in pain and discomfort. This unique research was carried out by Florida State University (FSU) and commissioned by PB Leiner.

Joint pain is an issue that affects vast numbers of people around the world. Research shows that 93% of those aged between 45 and 59 globally have concerns about joint and muscle pain, with two-thirds saying it has a moderate to severe impact on their health.¹ This can cause significant discomfort during exercise and can even limit the ability to carry out everyday activities.

As collagen can help the body to repair connective tissue, PB Leiner commissioned FSU to carry out a study exploring whether SOLUGEL® collagen peptides could reduce joint pain among physically active middle-aged people.

Significant pain reduction

Study participants were all aged between 45 and 65 and spent at least three hours each week undertaking activities such as hiking or cycling. Over the course of six months, each consumed either a placebo or SOLUGEL® collagen peptides every day.



Those consuming 10g per day of SOLUGEL® collagen peptides saw a 36% improvement according to the Knee Injury and Osteoarthritis Outcome Score, indicating significant reductions in pain and improvement in knee functionality. By contrast, more than half of those in the placebo group saw a decline in their score.

* Pain Score from Knee Injury and Osteoarthritis Outcome Score (KOOS) – the higher the score, the less pain experienced

¹ Euromonitor Global Health & Wellness Survey 2021



The study also found that collagen peptides may improve the ability to carry out everyday tasks such as commuting, cleaning and shopping. A third of those consuming 10g of SOLUGEL® collagen peptides each day saw clinically meaningful improvements in their scores while undertaking such activities. None of the participants in the placebo group saw any improvement.

Unique study

Previous research had established that collagen can reduce joint pain among those suffering with conditions such as osteoarthritis as well as joint stability problems, injured joints, or exercise-induced issues. However, the new study is the first to prove collagen's long-term impact on both joint pain and everyday activities in the healthy and active middle-aged population.

Dr. Mike Ormsbee, Associate Director at FSU Institute of Sports Sciences & Medicine and the lead clinical study researcher, said: *"This is the first and only study to examine the impact of collagen peptides on joint pain in this demographic group. The findings suggest they have protective as well as beneficial effects, supporting the growth and repair of connective tissue as well as reducing joint pain."*

Dr. Reyhan Nergiz Unal, Health & Nutrition Science Lead at PB Leiner, said: *"We commissioned this research because such a huge number of fit and healthy middle-aged people suffer with joint pain – and the results show collagen peptides' enormous potential to help this demographic. SOLUGEL® is a clinically proven solution that can not only support joint health but may contribute to the healthy functioning of your body, including muscle and connective tissue recovery and bone health."*

Vitafoods Europe

Dr. Nergiz Unal will be hosting a presentation on the study at Vitafoods Europe from 16:00 to 16:25 on October 6, 2021, in the New Ingredients – Sports Nutrition Theatre. The presentation will also be streamed online and available to those [registering for the event](#).

The result of the study was accepted by a scientific committee and presented at [the 18th International Sports Nutrition Society Meeting](#). The study is due to be published later in 2021 in Journal of the International Society of Sports Nutrition Supplement.

ENDS

Visuals and links

- For further images and other materials, please get in touch with the press contacts below



About PB Leiner

PB Leiner is an established global player with production sites in Asia, Europe, North and South America. PB Leiner supplies a complete range of high quality gelatins and collagen peptides, tailoring solutions to its customers' applications in food, health, beauty and pharma markets. PB Leiner employs approximately 1,100 people and is part of Tessengerlo Group.

SOLUGEL® collagen peptides, one of PB Leiner's product brands, can provide support for healthy joints in a wide range of foods, beverages, and supplements. Obtained from natural animal sources, it is a highly digestible pure protein that is perfectly soluble and neutral in taste and flavor.

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