



# ARTHROBEN™

MEDICAL FOOD

A safe, effective, medical food for osteoarthritis (OA)

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For the dietary management of osteoarthritis and musculoskeletal inflammation related to athletic or other physical activity



medical foods by designs for health

[www.designsforhealth.com/sitomedica](http://www.designsforhealth.com/sitomedica)

980 South Street  
Suffield, CT 06078  
1-800-847-8302

THE FREEDOM TO MOVE.  
THE POWER TO HEAL.



# ARTHROBEN™: A SAFE, EFFECTIVE, MEDICAL FOOD FOR OSTEOARTHRITIS (OA)

## ARTHROBEN™ provides a four-pronged approach for the dietary management of osteoarthritis

1. Reduces inflammation
2. Offers potent antioxidant protection to reduce joint deterioration
3. Increases joint mobility and function
4. Stimulates joint repair—providing nutritional building blocks for cartilage and ligaments

## Key Ingredients

### Flavocoxid

Flavocoxid is a special blend of flavonoids, which are natural, health-promoting compounds found in plants.

- Reduces inflammation associated with arthritis
- Potent antioxidant activity—reduces free radicals that damage arthritic joints
- Proven as effective as the medication naproxen in managing knee osteoarthritis
- Virtually no negative side effects—unlike non-steroidal anti-inflammatory drugs (NSAIDs)
- Gentle on the GI tract
- Little or no effect on prothrombin times (PT) in patients taking warfarin (Coumadin)

### FORTIGEL® and VERISOL®

FORTIGEL® and VERISOL® are specific Bioactive Collagen Peptides® derived from a patented process of hydrolysis of type I collagen—the main component of tendons, ligaments and cartilage in joints and intervertebral discs.

- Both provide **building blocks** for joint repair
- FORTIGEL® stimulates synthesis of collagen type I and II, along with the renewal of other important components of joints
- FORTIGEL® has been demonstrated to improve osteoarthritis in over 16 human clinical trials

VERISOL® boosts collagen metabolism of the skin, helping to improve the skin's structure and appearance:

- Increases skin hydration
- Lessens wrinkle formation
- Promotes skin regeneration

## ARTHROBEN™ is a medical food, not a drug

A medical food is an FDA regulated category of products intended for the dietary management of a disease or condition that has distinct nutritional requirements. Unlike drugs, the ingredients in medical foods must be Generally Recognized as Safe (GRAS). Typically, medical foods are not associated with the negative side effects that are commonly seen with prescription or over-the-counter drugs.

## The problem with most arthritis drugs

The most commonly prescribed arthritis medications are non-steroidal anti-inflammatory drugs (NSAIDs). NSAIDs include a range of medications such as over-the-counter aspirin, ibuprofen and prescription drugs such as naproxen and celecoxib. While these medications are effective for reduction of pain and inflammation, they are associated with a variety of serious side effects.

### Side effects of non-steroidal anti-inflammatory drugs:

- GI complaints such as nausea, heartburn, indigestion, abdominal pain
- Bleeding ulcer
  - The risk of upper GI bleeding is 3 to 4 times higher in people taking NSAIDs than those who do not
- Kidney damage that may persist even after drug withdrawal in some cases
- Cardiovascular events (heart attack, stroke, etc.)
- Congestive heart failure (CHF)
  - NSAIDs were responsible for approximately 19% of hospital admissions with CHF
- Hospitalization
  - Approximately 107,000 patients are hospitalized annually for NSAID-related GI complications

## ARTHROBEN™ is not a drug and is virtually free of negative side effects.

Ask your practitioner about ARTHROBEN™, a medical food for osteoarthritis.

Find out how ARTHROBEN™ can help you find the freedom to move and the power to heal at [www.designsforhealth.com/sitomedica](http://www.designsforhealth.com/sitomedica)

Available only through licensed health care practitioners.

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