

StayStrong+™ Joint & Muscle Powder

Daily support to fuel your strength and fortify your joints and muscles*

From daily movement to active performance, **joint and muscle health are essential to how patients feel and function.** However, modern lifestyles, aging, and physical stress can place ongoing strain on these systems.

StayStrong+™ Joint & Muscle Powder provides targeted, multi-pathway support with clinically studied ingredients designed to promote **joint comfort^{1,2}, muscle strength, and long-term mobility.***



Undenatured Type II Collagen (UC-II®): Joint Comfort and Mobility Support

UC-II® supports **joint comfort, mobility, and cartilage integrity**, with **clinically significant improvements observed as early as 7 days^{*1†}** and progressive benefits over time.

In randomized, placebo-controlled trials¹⁻², **40 mg/day UC-II®** demonstrated meaningful improvements across multiple joint health outcomes:

Pain reduction (VAS/ WOMAC)

- Significant improvements observed by **Day 7 (p = 0.02)** and sustained through **Day 90 (p < 0.001)** (Figure 1)^{*††}
- 67.9% reduction in pain scores vs 12.2% with placebo** (Figure 2)^{*††}

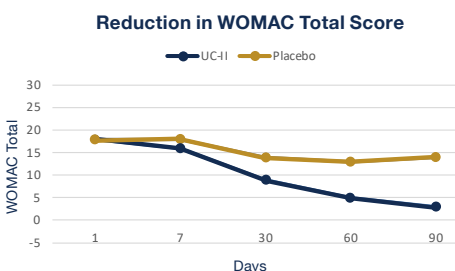


Figure 1: Greater reduction in Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC) total score with UC-II® compared to placebo over 90 days. Data approximated and adapted from Tjandra et al.¹

Joint function (Lequesne Functional Index)

- Significant improvements beginning **Day 30 (p < 0.001)** and maintained through Day 90^{*††}

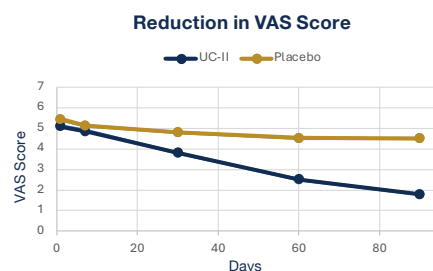


Figure 2: UC-II® is associated with a greater reduction in Visual Analog Scale (VAS) pain score compared to placebo over 90 days. Data approximated and adapted from Tjandra et al.¹

Mobility and range of motion

- Knee flexion improved by ~3 degrees over 24 weeks** (Figure 3)^{*2†}

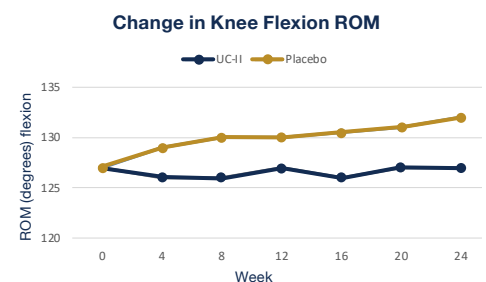


Figure 3: UC-II® is associated with greater improvement in knee flexion range of motion (ROM) compared to placebo over 24 weeks. Data approximated and adapted from Schön et al.²

Creatine Monohydrate: Strength, Recovery, and Cognitive Performance Support

In randomized, placebo-controlled trials³⁻⁸, supplementing **3–5 g/day of creatine** demonstrated clinically meaningful benefits across muscle performance outcomes:*



Strength & Power*

Maximal strength within 7 days^{*3†}



Muscle Recovery*

Reduces fatigue in 14 days^{*3†}



Muscle Function*

Maintain muscle mass and joint flexibility^{*4,5,7}



Cognitive Performance*

Improves mental performance in 6 weeks^{*8†}

Vitamin C: Connective Tissue and Recovery Support

Vitamin C plays a central role in **supporting connective tissue integrity**⁹ and **recovery following physical activity**.¹⁰ As a required cofactor for enzymes involved in collagen synthesis, vitamin C supports the structure of **cartilage, tendons, and ligaments**.^{9,11} It also contributes to **antioxidant defense**¹⁰, helping neutralize **oxidative stress generated during exercise**¹⁰ and supporting **healthy tissue resilience during movement**.¹²

Vitamin D and Magnesium: Musculoskeletal Function and Cellular Energy Support

Vitamin D and magnesium work together to support **muscle performance**¹³, skeletal health¹³, neuromuscular function¹³, and **cellular energy production**¹³. Magnesium also plays an important role in **vitamin D metabolism**, helping convert vitamin D into its **active form** so it can be properly used by the body.¹⁴

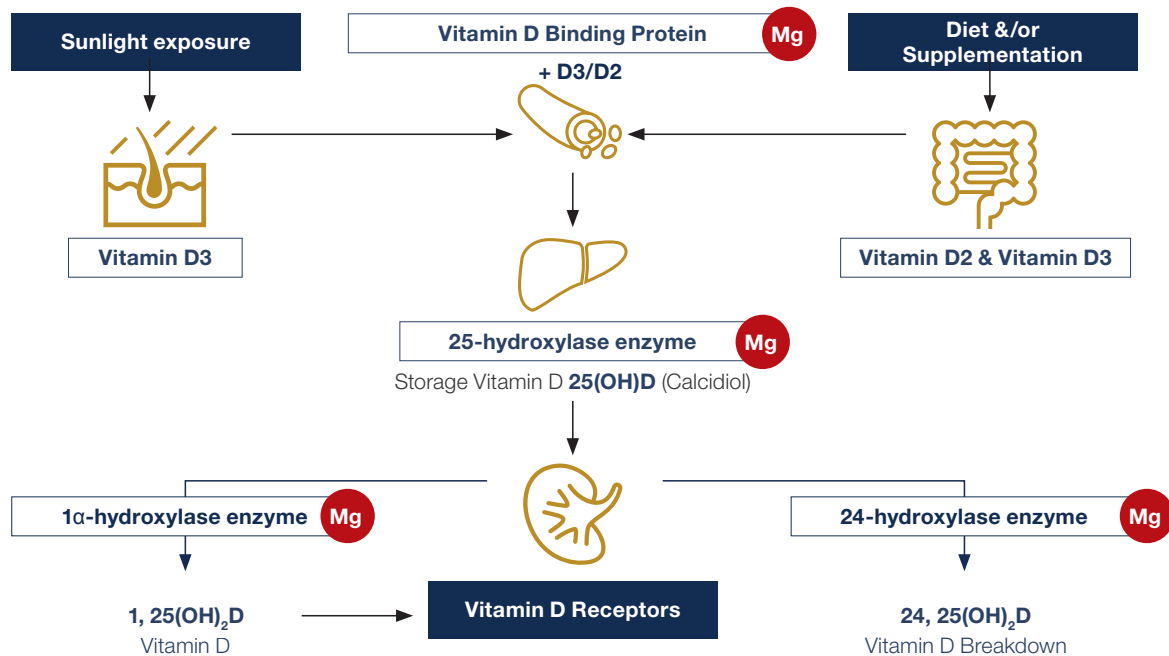


Figure 4: The bidirectional physiological relationship between magnesium and vitamin D. Diagram adapted conceptually from Uwitonze et al.¹⁴

References

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3. Neto et al. *Asian J Sports Med.* 2018;9(3):e62739.
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13. Dominguez et al. *Nutrients.* 2025; 17(10):1655.
14. Uwitonze et al. *J Am Osteopath Assoc.* 2018;118(3):181-189.

*Based on 2024 study data from independent US survey showing which professional supplement brands are most recommended or sold by healthcare professionals. Professional-grade supplements are those typically sold through HCPs.

[†]In clinical research, participants began to feel a difference in joint comfort in as little as 7 days.

[†]Onset of individual results may vary

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Supplement Facts

Serving Size 1 Scoop (6.24 g)
Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	100 mg	111%
Vitamin D (as cholecalciferol)	15 mcg	75%
Magnesium (as magnesium amino acid chelate and magnesium bisglycinate)	100 mg	24%
Creatine monohydrate	5 g	**
Standardized Cartilage (UC-II®)	40 mg	**
**Daily Value not established.		
Other Ingredients: Silicon dioxide.		

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No MSG

