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## How Supple Works

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### About Supple

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- Supple vs. Other Brands

### Why Supple Works

## About Supple®

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## Introducing the Ultimate Evidence-Based Solution for Joint Health & Joint Problems

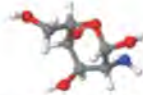


- Eliminate Joint Discomfort
- Maximize Mobility
- Protect Joint Structure
- Repair Cartilage

### Our Joint Supplements

Have aching joints? Supple® is a powerful joint supplement that uses a joint health formula based solely on ingredients that have been PROVEN to help joint problems. Supple® joint supplements can repair cartilage, protect against damage, and comfort sore joints. No fluff, no hype. Supple® uses real science to get healthy joints.

#### Repair and Relieve



1,500 mg SHELLFISH FREE glucosamine, the strength prescribed by physicians for aching joints, joint symptomatic relief and joint structure preservation in 60 countries. No other joint supplement has more research evidence proving its effectiveness.

#### Soothe and Mobilize




1,200 mg Bioberica CSb™ chondroitin, prescribed by physicians to soothe discomfort and restore joint mobility in over 40 countries. Bioberica's chondroitin was the only chondroitin that met all quality standards for study in the [National Institutes of Health glucosamine and chondroitin trial](#) (GAIT). Supple® joint supplements contain both glucosamine and chondroitin, making Supple® the best joint supplement.

#### Protect, Protect, Protect



Supple® joint supplements' antioxidant formula delivers 10 vitamins and minerals, including 120 mg of vitamin C that is clinically proven to protect joint structures.



**Order Now!**

Doctor Recommended



30-Day Guarantee




Real Supple® Stories





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## Joint Health

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# Supple, LLC Joins Global Partnership With the Bone and Joint Decade

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## Partnership committed to advancing evidence-based solutions for arthritis, joint pain, and other musculoskeletal diseases

For Peter Apatow, the CEO and Founder of Supple, LLC, beating arthritis has become a life mission. He began this journey 20 years ago when he developed disabling osteoarthritis of the left hip and fought to maintain mobility. At 23 years of age, he stopped running, skiing and enjoying life in general because his hip refused to move properly. Over the next two decades, he discovered exercise and nutritional methods to rehabilitate his joint. He subsequently launched an educational campaign to help teach others like him how to regain joint function, and created the joint health supplement, Supple®.

On January 1, 2010, Supple, LLC joined the Bone and Joint Decade as a Corporate Partner in Research and Education, the highest level of partnership, as part of Mr. Apatow's ongoing dedication to help sufferers of joint problems. "Musculoskeletal disorders are the leading cause of disability around the world and will continue to grow as the population ages. The Decade's commitment to global health agendas that make the prevention and treatment of joint disorders accessible to everyone is completely in line with what Supple, LLC hopes to achieve," said Mr. Apatow. "I want people to understand that joint problems are not an inevitable part of aging and that they can be beat. It takes a lot of work, physical therapy, and sound nutritional and medical guidance, but you can feel good about yourself, regain mobility and enjoy life despite your conditions."

Launched in January 2000, the Bone and Joint Decade is an independent global nonprofit organization, headquartered in Sweden, comprised of National Action Networks in 60 countries and with the support of more than 750 related organizations globally. Its mission is to advance understanding of musculoskeletal disorders worldwide through research and to improve the quality of life for those affected

worldwide in the Decade of 2000–2010. The Bone and Joint Decade is supported by professional medical societies, patient advocacy groups, governments, industry and researchers who are united with the goal of advancing knowledge in the field and bringing about policy change. The Bone and Joint Decade has the active support of the United Nations, the World Health Organization and the World Bank. The Bone and Joint Decade focuses on diseases associated with musculoskeletal disorders such as joint diseases, osteoporosis, osteoarthritis, rheumatoid arthritis, low back pain, spinal disorders, severe trauma to the extremities, crippling diseases and deformities in children. For more information, see [www.bjdonline.org](http://www.bjdonline.org).

Supple LLC is a US-based cause-driven company with a mission to advance joint health education and research and to provide solutions to individuals with musculoskeletal concerns based on widely accepted evidence-based medicine. The company's first Supple® deliver a pharmaceutical strength dosage of 1,500 mg of shellfish-free glucosamine, 1,200 mg of CSb™ bovine chondroitin, and 10 vitamins and minerals in a delicious fruit-flavored liquid supplement and powder mix form. Supple® was created to deliver the same pharmaceutical strength of glucosamine and chondroitin that has been clinically proven effective for supporting joint health, and is prescribed by physicians in many countries outside the United States for medical treatment. Physical therapy along with pharmaceutical grade glucosamine and chondroitin were integral to Mr. Apatow's rehabilitation. "These are completely safe and scientifically proven agents for the support of joints that are vastly misused or underutilized in the United States," said Mr. Apatow. "There is little federal oversight of their quality, little public education on self-management, and even less physician training on the importance of diet, exercise, and supplements in the management of joint health." Supple® is a leading direct-to-consumer brand sold using information driven television advertising in the US that aims to change the way Americans view and manage the health of their joints.

For more information or to arrange interviews, please contact:  
The Bone and Joint Decade  
Ms Sara Martin  
Tel: +46 8 472 22 10 00





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# #1 INTERNATIONAL DOCTOR RECOMMENDED FORMULA



The most respected medical research shows that nothing beats the joint restoring power of Supple's® key ingredients to help you be more active and feel your best. Discover how Supple® can help you get your life back today.

## FEEL THE DIFFERENCE

**Try Supple® risk free for 30 days**

Your satisfaction is 100% guaranteed.  
The right ingredient. The right dosage. The best ingredient sources

**Supple® Works!**  
Comfort • Repair • Protect

**Order Now**



Doctors Recommend Supple® for



**Revolutionary COMPLETE JOINT RELIEF**

It's all natural, evidence-based, US made, no ingredients from China. [Learn More >](#)

Join the millions living life again.



**FEEL SIGNIFICANT JOINT RELIEF**  
in just **7 days**  
and better every week.


[Read real amazing stories >](#)

Our Passion: End Arthritis Pain



**ARTHRITIS ADVOCATES**

Learn what Supple® is doing to end arthritis pain, joint pain, back pain. [Learn More >](#)

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- ✓ Fast "n" easy checkout
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leading to even more discomfort. The whole joint, from the cartilage to the supporting structures, is affected.

### The Supple® Difference

When it comes to joint health, people sell a lot of products and a lot of promises. But Supple® delivers only ingredients that have been clinically proven to be effective. Our glucosamine is shellfish-free and our chondroitin comes from the only supplier in the world who makes pharmaceutical grade chondroitin. We guarantee 100% of label claims and refuse to skimp on quality. If you're not satisfied for any reason, we will give you your money back, less P/H. That's the Supple® difference.

### The Secret to Healthy Joints

Your joints are your ultimate shock-absorbers and they're what keeps your body mobile. Be kind to them. Eat right, exercise, and stand within a healthy weight range. Supple® will nourish, repair and protect your joints so that you can live the life you've always wanted!

### Stop Aching Joints and Muscles Now

Having problems with a knee joint? Have other sore joints? Well stop achy joints with Supple® and experience real joint relief from sore joints and muscles. Those sore knee joints and other joint issues can be a thing of the past when you use Supple®. Sore joints cause many problems but Supple® can make a sore joint a healthy joint!



#### 30-Day Guarantee



Our highest priority is your satisfaction. If Supple® doesn't completely meet your expectations, simply call customer service and return your unused cans within 30 days of receipt for a full refund of your purchase price (less P/H). We believe in Supple® and soon you will too!

[Learn More>](#)

#### Supple® is Committed to Joint Health

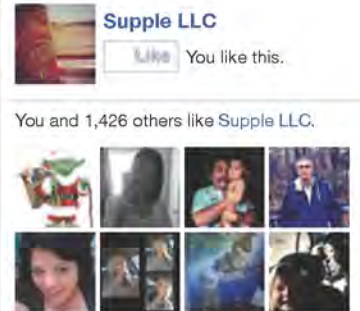


Supple® is so committed to the joint health cause that Supple LLC has joined the Bone and Joint Decade (BJD) as a corporate partner in Research and Education.

[Learn More>](#)

#### Supple® Community

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Facebook social plugin



- ✓ Secure online ordering
- ✓ Fast "n" easy checkout
- ✓ No-hassle returns
- ✓ Friendly customer service



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### About Supple

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### Why Supple Works

## Message from Doctors about Supple®

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### Dr. Monita Poudyal




Dr. Monita Poudyal, M.D., is board certified in internal medicine. She is Yale University-trained and has completed clinical research training at the National Institutes of Health. After spending years in private practice helping patients with limited financial means and advanced medical problems, her special interest now is in educating the public about natural and safe ways to maximize musculoskeletal health, in order to live a longer, more satisfying life.

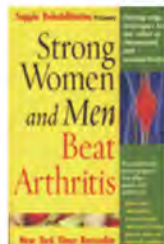
*"Whether you're a professional athlete who wants effective joint protection or a retiree who just wants to enjoy gardening again, Supple® have the right ingredients to keep you moving discomfort-free. Supple® is specially formulated to deliver premium quality, pharmaceutical strength glucosamine and chondroitin, along with 10 USP-grade vitamins and minerals that will protect, repair, and soothe your joints. These ingredients have been rigorously tested and proven to optimize joint health for over 3 decades.*

*Because there is more research now than ever that shows how important weight loss, strength training and nutrition are to maintaining good joint health and treating arthritis, the [2-Step Supple® Plan](#) offers what no other joint health product can: [Strong Men and Women Beat Arthritis](#), a scientifically proven guide to diet and exercise that will help you beat the symptoms of arthritis and give you the arthritis help you've been looking for. Used in combination with a daily dose of Supple®, [Strong Men and Women Beat Arthritis](#) can lead you to a completely satisfying life of fitness and mobility using natural joint relief. [Learn More About the 2-Step System.](#)"*

Supple® would like to thank Dr. Monita Poudyal for her continued work in treating arthritis and giving insight to those looking for arthritis help. Join Dr. Monita Poudyal and make a commitment today to live that healthy lifestyle, keep your joints moving and respect your body. Supple® will join you in that commitment



### Learn How to Beat Arthritis



Supple® Rehabilitation™ presents a simple plan developed by top researchers that is proven to reduce the discomfort and immobility caused by arthritis. The book will give you cutting-edge strategies to increase strength and physical function, improve mood and self-confidence, reduce inflammation and shed extra pounds!

[Learn More>](#)

### 30-Day Guarantee



Our highest priority is your satisfaction. If Supple® doesn't completely meet your expectations, simply call customer service and return your unused cans within 30 days of receipt for a full refund of your purchase price (less P/H). We believe in Supple® and soon you will too!

[Learn More>](#)

### Real Supple® Stories




Over one million of Americans already have realized how Supple® can increase mobility, decrease joint discomfort and in short, change your life! Read some of the powerful stories of real Supple® customers to see how great life with healthy joints can really be!

[Learn More>](#)



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## The discomfort is completely gone

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For a couple of years now, I have had severe joint problems in my right knee, which is probably due to cartilage removal after a skiing accident 40 years ago. My right knee had been stiff and achy for over a year and I could hardly walk. I couldn't straighten it or bend it more than 45 degrees. I remember that it also began to pop, like some growths in the knee would hang up and then release with the popping feeling. I couldn't take the discomfort so I'd put my right leg on a supporting stool while sitting down. I began taking other remedies, but I didn't like taking them much, so I was looking for something like your Supple beverage. After 7 days of Supple®, I noticed the discomfort was more bearable and I could again straighten my right leg. I couldn't believe it. Now I can even crawl on my hands and knees. The discomfort is completely gone. My brother-in-law in Phoenix is now going to order it for his hip problems.

### Related Products



**Supple Peach Mango 8oz Cans Liquid - Auto-Shipment Program**



**Supple Peach Mango 8.46oz Premium Mix- Auto-Shipment Program**



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- Global Partnership With Bone and Joint Decade
- The Supple Challenge**
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Best Joint Supplement

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## The Supple® Challenge



### The Top 3 Questions You Should Ask About Joint Health Supplements In The USA

- 1. What is wrong with the glucosamine and chondroitin sold in America?**  
A lot of glucosamine and chondroitin sold in America is fake, low quality, has ineffective dosages, does not have in it what is claimed on the label, or comes from unproven sources. The National Institutes of Health acknowledged these problems in an article they recently published in the New England Journal of Medicine; however, this information has been suppressed. This is the largest billion dollar American fraud of our generation.
- 2. What is wrong with natural remedies sold for joint suffering in America?**  
These products are not strictly regulated and either: (A) have no significant scientific evidence proving that they work, (B) use low quality ingredients, or (C) are skimping on ingredients so they are not effective at all.
- 3. Should dietary supplements be more strictly regulated in America?**  
Yes. Most of what consumers are buying is not effective at all. No federal agency is checking to make sure that what is stated on a label is in a product or that it is something that works.

### Top Ten Reasons Why We Challenge You To Try Supple® Risk-Free

1. Supple® can help you realize amazing and fast relief from joint suffering and can help you regain full mobility.
2. Nothing is as proven, safe or effective as the key ingredients in Supple® to safely repair cartilage, improve mobility, and alleviate joint suffering.
3. Supple® uses the highest strength of glucosamine and chondroitin that is highly regulated and sold as natural joint repairing agents in over 40 countries outside the U.S.
4. The key agents in Supple® are prescribed by medical doctors as a first-line standard of care for joint suffering relief all around the world and outside the U.S.
5. Supple's® key ingredients, pharmaceutical strength glucosamine and chondroitin, are the most extensively studied joint repairing agents in the world.
6. Supple's® key ingredients are supported by over 35 human studies and are used safely by 13 million people with no dangerous side effects.
7. Our glucosamine comes from the only producer of 100% pure vegetarian glucosamine in the world. You don't have to worry about contamination.
8. Our chondroitin comes from the only company in the world that can make a pharmaceutical grade chondroitin.
9. Supple's® labeled claims are 100% guaranteed.
10. Supple® guarantees your satisfaction or your money back!

### Take the Supple® Challenge Today!

Feel the difference for yourself and experience the life transforming power of Supple®. If you order today, you can obtain a significant discount off the regular price. This is a special, limited-time program, so act now.







**INTRODUCING SUPPLE® POWDER**  
**REBUILD** cartilage  
**REGAIN** mobility  
**COMFORT** sore joints

100% SATISFACTION  
 60-DAY Money Back  
 GUARANTEED

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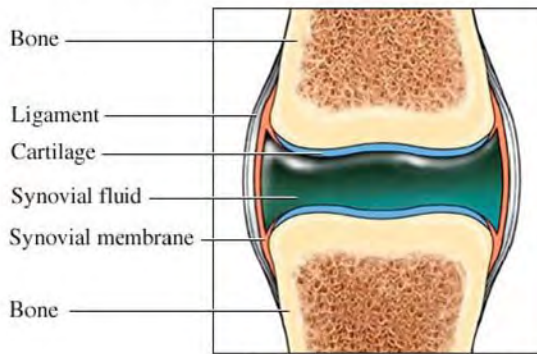
### Why It Works

- HOW SUPPLE® POWDER WORKS
- HOW JOINT PROBLEMS ARISE
- HOW DOES A JOINT FUNCTION?
- SUPPLE® POWDER IS REVOLUTIONARY
- JOINT HEALTH AT ANY AGE



### How Supple® Powder Works

Supple® Powder provides the body with the building blocks of cartilage, glucosamine and chondroitin, to augment the strengthening and rebuilding process. Glucosamine and chondroitin are natural molecules that penetrate to the joints and help synthesize proteoglycans which give resilience to cartilage and strength to ligaments surrounding the joint. Our formulation is enhanced with 10 important vitamins and minerals that facilitate joint repair and inhibit oxidative injury.



Cross section of a healthy joint

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