Survey Report: Patient Case Report on Arthro-Aid® **Survey Date: 9/23/2024**

Patient Information:

- **Name:** Sheri K., Female, 80 years old

Background: This patient has been using Arthro-Aid®, designed for joint and bone health, for over 20 years. At the age of 60, she started experiencing stiff and chronic pain in the joints. Arthro-Aid® has since helped her maintain a vigorous lifestyle and engage in various physical activities.

Supplement Dosage:

- Dosage: 6 capsules per day
- Increased Dosage (for active periods): Up to 12 capsules per day during extensive activities such as riding or hiking

Health and Lifestyle:

- **Joint Health:** Patient reports no discomfort or side effects from the supplement. She believes that her joint stiffness has diminished since beginning Arthro-Aid, allowing her to remain active.
- **Activities:** Patient participates in:
    - Daily walking
    - Horse riding (recently completed a trip involving 5-8 hours of riding daily through rugged terrain)
    - Regular exercise routines, including Pilates twice a week
    - Daily meditation
- **Functional Ability:** She performs daily activities without any difficulty and attributes her active lifestyle to the benefits gained from Arthro-Aid®.

Patient Feedback: Patient strongly recommends Arthro-Aid® to friends and family, expressing satisfaction with the supplement's effects on her joint health and overall well-being.

Conclusion: The long-term use of Arthro-Aid® appears to have positively influenced this patient's joint health and life quality. Her case exemplifies the potential benefits of the supplement for maintaining an active lifestyle in older adults, countering age-related joint pain and stiffness.