ActivPower IRX

HUMAN KNOWLEDGE BASE • INGREDIENT SCIENCE

Eggshell Membrane for Human Joint, Skin & Connective-Tissue Wellness

A yolk-free natural source of collagen, hyaluronic acid, and glycosaminoglycans studied to support mobility, skin, and healthy aging.

IRx-ZEUS® | Yolk-Free | Collagen · GAGs · HA

What Is Eggshell Membrane?

Eggshell membrane is the thin, naturally occurring layer between the eggshell and the egg white. Yolk-free preparations contain a unique combination of naturally occurring structural proteins and connective-tissue compounds, including collagen, elastin, glycosaminoglycans, hyaluronic acid, chondroitin sulfate, glucosamine-containing compounds, and bioactive peptides. It is included in **IRx-ZEUS® for humans** to support mobility, structural wellness, skin health, and active lifestyles.

Is Eggshell Membrane a Source of Collagen?

Yes — it is a naturally rich source of structural proteins, including Type I, V, and X collagen, elastin, hyaluronic acid, chondroitin and dermatan sulfate, and other GAGs (Jia et al., 2014; Ruff et al., 2009). These compounds are present throughout connective tissues, including joints, tendons, ligaments, skin, cartilage, and the extracellular matrix.

Joint Health & Mobility

The strongest body of evidence for eggshell membrane relates to joint comfort, mobility, and physical function.

- Ruff et al. (2009) reported significant improvements in joint comfort and flexibility following supplementation with a natural eggshell membrane ingredient.
- Additional clinical investigations reported improvements in mobility-related outcomes and physical function in active adults and individuals with age-related joint concerns (Danesch, 2014; Ruff et al., 2018).

Researchers propose these effects may relate to the naturally occurring collagen, GAGs, and structural proteins within eggshell membrane.

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Skin Health & Appearance

Because eggshell membrane contains collagen, elastin, hyaluronic acid, and GAGs, researchers have investigated its role in supporting healthy skin. A randomized study by Schauss et al. (2017) reported improvements in skin appearance and wrinkle-related parameters following supplementation, likely reflecting support of the extracellular matrix and connective-tissue structures that contribute to normal skin integrity.

Inflammatory Balance, Allergy & Aging Research

Laboratory and clinical studies have reported effects on biomarkers involved in normal inflammatory balance (Ruff et al., 2009; Jensen et al., 2015). Evidence on allergy-related and wound-healing outcomes remains preliminary. The strongest healthy-aging rationale remains support of mobility, skin wellness, physical function, and connective-tissue resilience.

Safety Profile

Published clinical studies generally report eggshell membrane supplementation to be well tolerated. Because it is derived from eggs, individuals with egg allergies should consult a qualified healthcare professional before use.

The ActivPower Perspective

ActivPower includes yolk-free eggshell membrane powder in IRx-ZEUS® for humans as part of comprehensive formulations intended to support healthy movement, structural wellness, skin health, and overall quality of life.

FEATURED IN

IRx-ZEUS® for Humans

Power Your Possible™

Selected References — Human Literature

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3. Jensen GS, Lenninger M, Ero MP, Benson KF. Support of joint function, range of motion, and quality of life through supplementation with natural eggshell membrane. *Clin Interv Aging.* 2015;10:931–937.
4. Ruff KJ, DeVore DP, Leu MD, Robinson MA. Eggshell membrane supplementation and improvements in joint function. *J Med Food.* 2018;21(5):473–479.
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6. Jia H, Liu H, Zou D, et al. Biological and regenerative properties of eggshell membrane. *J Biomater Appl.* 2014;29(4):617–627.

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This article is provided solely for educational and informational purposes and summarizes selected scientific literature concerning yolk-free eggshell membrane as a nutritional ingredient in humans. Nothing herein is intended to diagnose, treat, cure, mitigate, or prevent any disease, injury, arthritis, inflammatory disorder, or medical condition in humans.

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