

A single-blind, randomised home-use study, in 50 healthy male and female volunteers, with self-assessed joint discomfort, to evaluate the efficacy of an active supplement compared to a placebo, as measured by Self-Perception Questionnaire (SPQ).

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Final Report: 9th March 2018

A SINGLE-BLIND, RANDOMISED HOME-USE STUDY, IN 50 HEALTHY MALE AND FEMALE VOLUNTEERS, WITH SELF-ASSESSED JOINT DISCOMFORT, TO EVALUATE THE EFFICACY OF AN ACTIVE SUPPLEMENT COMPARED TO A PLACEBO, AS MEASURED BY SELF-PERCEPTION QUESTIONNAIRE (SPQ).

PCR CORP REPORT NO: NUTUSE3M

I declare that the following report constitutes a true and faithful account of the procedures adopted and the results obtained in the performance of this study. The aspects of the study conducted by PCR Corp. were performed, where relevant, in accordance with the principles of Good Clinical Research Practice.

Barrie Drewitt
(Principal Investigator)


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Date..... 12th March 2018

Chloe Browne
(Project Manager)


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Date..... 12 March 2018

QUALITY ASSURANCE STATEMENT

This report has been audited and is considered to be an accurate description of the methods used and an accurate presentation of the data obtained during the conduct of the study.

Reece Statham
(Quality Assurance)


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Date..... 12th March 2018

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1 **SUMMARY**

Title:	A single-blind, randomised home-use study, in 50 healthy male and female volunteers, with self-assessed joint discomfort, to evaluate the efficacy of an active supplement compared to a placebo, as measured by Self-Perception Questionnaire (SPQ).
Study design:	Single blind, randomized home-use study.
Test Articles:	One active supplement and one placebo (Labelled): 1. (A) - Active 2. (B) – Placebo
Number of subjects:	Fifty-three (53) subjects completed the study.
Type of subjects:	Healthy male and female volunteers, aged over 18 years, with self-assessed joint discomfort
Method:	Subjects attended the test centre at baseline (Day 1) to complete the informed consent form (ICF). Subjects were issued the test article, diary and instructions. They were instructed on how to take the test article, complete their diary over the next 30 Days, including the 2 Self-Perception Questionnaire (SPQ) questions daily, which were on the diary. At the end of the study (Day 30) subjects returned to the test centre to complete an online Self-Perception Questionnaire (SPQ).
Conclusion:	<p>As can be seen from the data the product performed highly favourably under Clearcast guidelines, over the 30 day testing period shown by Top 2 responses (Strongly Agree + Agree) being >80% (regarded as highly favourable). The Sponsor's product also performed statistically significantly better than the Placebo product for 17 out of 20 comparable SPQ questions.</p> <p>Claims such as "85.19% of participants noticed an improvement in their joint discomfort", "85% of subjects noticed an improvement in their joint discomfort after taking the supplement for 14 days" and "81.48% of subjects noticed an improvement in mobility after taking the supplement for 14 days" can be substantiated.</p>
Duration of study:	Started: w/c 22nd January 2018 Ended: w/e 19 th February 2018
Location:	PCR Corp. 8 Richmond Road, Dukes Park, Chelmsford, Essex CM2 6U United Kingdom

2 KEY STUDY PERSONNEL AND RESPONSIBILITIES

Key personnel	General responsibilities
<p>Principal Investigator (PI) Barrie Drewitt PCR Corp Princeton Forrestal Center 307 College Road East Princeton, NJ 08540</p> <p>Tel: 609-455-1112</p>	<p>The Principal Investigator (PI) will be responsible for ensuring sufficient resources are available to conduct the study according to Good Clinical Practice (GCP), for the study design, compiling the results and writing the clinical report.</p>
<p>Project Supervisor (PS) Andrew King PCR Corp 8 Richmond Road Dukes Park Chelmsford Essex CM2 6UA United Kingdom</p> <p>Tel: +44 (0) 1245 934050</p>	<p>The Project Supervisor (PS) will be responsible for the conduct of the study on a daily basis.</p>
<p>Project Manager (PM) Jo Broyd PCR Corp 8 Richmond Road Dukes Park Chelmsford Essex CM2 6UA United Kingdom</p> <p>Tel: +44 (0) 1245 934050</p>	<p>The Project Manager (PM) will be involved with the study design.</p>
<p>Report Writer (RW) Chloe Browne PCR Corp Baypoint Commerce Center 9600 Koger Blvd. Suite 120 St. Petersburg, FL 33702</p> <p>Tel: 727-576-7300</p>	<p>The Report Writer (RW) will be responsible for compiling the results and writing the clinical report.</p>
<p>Project Co-ordinator (PC) Dan Watters Nutreance 401 Riversville Road Greenwich CT. 06831</p> <p>Tel: 1 (800) 749-7776 Email: support@nutreance.com</p>	<p>The Project Co-ordinator (PC) will be the primary point of contact on behalf of the Sponsor of this project and will represent the Sponsor (Nutreance) of this study.</p>

3 INTRODUCTION AND OBJECTIVES

The objective of this study was to evaluate the perceived efficacy of an active supplement versus a placebo at improving joint discomfort following continued home-use for four weeks via completion of a self-perception questionnaire (SPQ) at the end of the study. With the aim of supporting the following targeted claims proposed by sponsor:

X% of subjects noticed an improvement their joint discomfort

X% of subjects noticed an improvement in their joint discomfort in only X days

Please note that it was the responsibility of the sponsor to determine the testing and study designs required for submission to entities such as the Home Shopping Network, QVC, etc.

4 STUDY DESIGN

Single-blind, randomised home-use study.

5 SELECTION OF SUBJECTS

5.1 Screening

Fifty-six (56) subjects were enrolled into the study to allow for fifty-three subjects to complete the active phase. Subjects satisfied the following inclusion and exclusion criteria, and the subjects accepted the prohibitions and restrictions and gave written informed consent (Appendix 1 & 2).

The suitability of potential subjects was confirmed before their acceptance onto the study by review of a study specific pre-treatment questionnaire (Appendix 3).

5.2 Inclusion criteria

- a) Healthy male and female volunteers, aged over 18 years, with self-assessed joint discomfort.
- b) Subjects have completed a written informed consent.

5.3 Exclusion criteria

- a) Subject is currently on prescription medication for joint discomfort.
- b) Subject is pregnant, nursing, or planning to become pregnant;
- c) A current skin disease of any type (e.g. eczema, psoriasis) apart from mild facial acne.
- d) History of malignant disease.
- e) Significant past medical history of hepatic, renal, cardiac, pulmonary, digestive, haematological, neurological, locomotor or psychiatric disease.
- f) History of asthma requiring regular medication.
- g) Known sensitivity to the test article, similar materials or their constituents.
- h) Subject is not currently participating, at PCR or other clinical testing facility, in a study utilizing the same test site (body area) or product or with conflicting inclusion/exclusion criteria.

5.4 Prohibitions and Requirements

- a) Subjects agree to use the trial product assigned as instructed, instead of their usual brand for the duration of the study.

6 TEST ARTICLES

To the best of the Sponsor's knowledge and based on the information available, PCR Corp considered the test article to be safe for use in man.

The following test article was supplied by the Sponsor labelled as follows:

1. (A) - Active
2. (B) – Placebo

The test articles and placebo were provided in plain packaging plastic bags/pots by the Sponsor. The Sponsor provided the ingredient listings for the test article (see Appendix 4).

It was the responsibility of the Sponsor to determine, for each batch of the test article, the identity, strength, purity, composition and other characteristics which appropriately define the test article, before its use in the study. The determination of its stability and documentation of methods of synthesis or derivation were also the Sponsor's responsibility.

It was the responsibility of the Sponsor that the test article meets all necessary transport regulations, particularly those regulations involving the carriage of hazardous goods and the import/export of goods or equipment, and that any costs including tax/duty were fully met by the Sponsor prior to receipt of the test article at PCR Corp. No liability with regard to safe receipt or costs involved in the carriage of goods or equipment to any PCR Corp site was accepted.

On study completion any remaining unused test articles were disposed of, unless otherwise requested by the Sponsor, after issuance of the final report or 28 days after study completion, whichever came first. Sponsors requesting the return of products were liable for any costs incurred.

7 STUDY PROCEDURE

a) Study Outline

Subjects attended the test centre at baseline (Day 1) to complete the informed consent form (ICF). Subjects were issued with the test product (according to Randomisation-28 subjects tested Product A and 28 subjects tested Product B), diary (Appendix 5) and instructions for how to use the product at home for the next 4 weeks. Subjects completed 2 Self-Perception Questionnaire (SPQ) questions daily, which were on their diary card. At the end of the study (Day 30) subjects returned to the test centre to complete an online Self-Perception Questionnaire (SPQ).

b) Test Article Use

The test articles were used at home throughout the duration of the study. According to the usage instructions (Appendix 2).

c) Self-Perception Questionnaire (SPQ)

Subjects answered the same two questions on their diary every day (Appendix 6&7). At the end of the study subjects completed an online SPQ (Appendix 8&9) on how the test product improved their joint discomfort.

8 STUDY ETHICS**8.1 Declaration of Helsinki**

The study conformed to the requirements of the 1964 Declaration of Helsinki and its subsequent amendments (*World Medical Association; 2013*).

8.2 Subject consent

Subjects were informed of the nature, purpose and known risk of the study both orally and in writing and gave their written informed consent to participate in the study prior to any study procedures being performed (Appendix 1). Subjects were advised that they were free to withdraw from the study at any time without being obliged to give a reason. They were compensated for their time.

8.3 Indemnity Provision

The Sponsor was responsible, without regard to legal liability, and indemnified PCR Corp or any of their respective officers or employees in the event of claims for compensation from subjects suffering injury or other deterioration in health or well-being as a result of participation in this study, except and insofar as such claims arise as a result of any negligent act or omission on the part of PCR Corp employees or any persons undertaking or involved in the study by arrangement with PCR Corp.

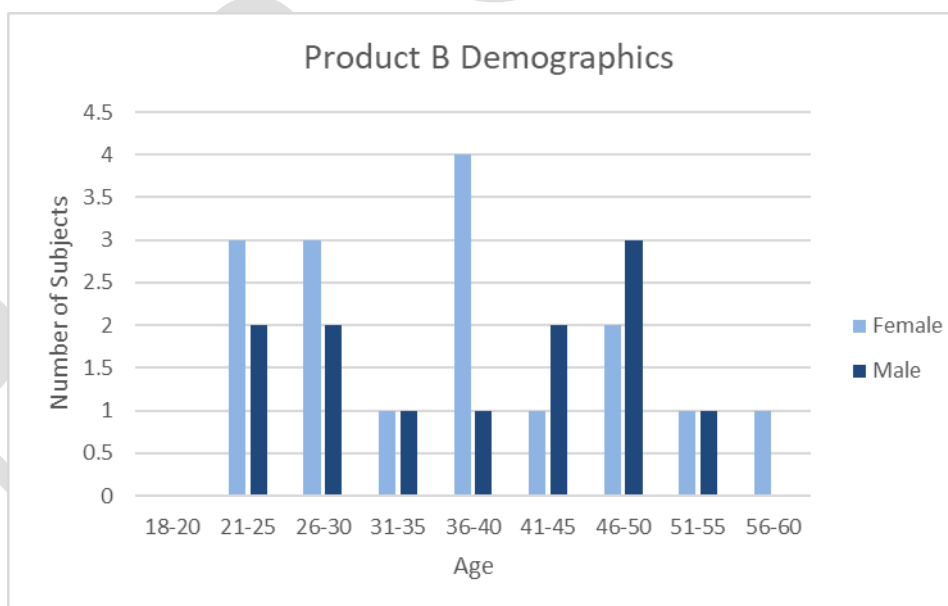
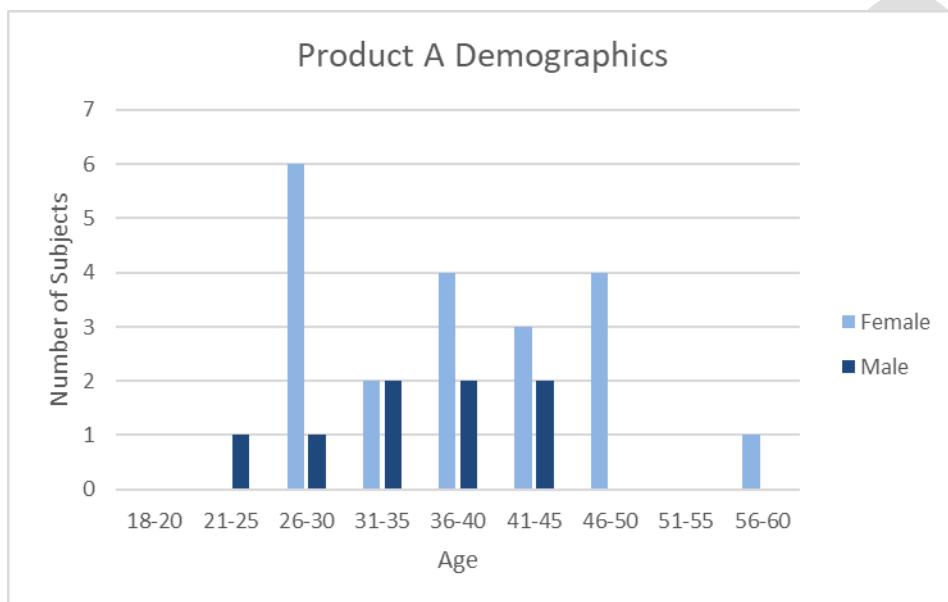
9 RESULTS

9.1 Location and dates of the study

The study was performed at PCR Corp, between 22nd January 2018 and 19th February 2018.

9.2 Subjects

Fifty-six (56) male and female subjects were enrolled onto the study and fifty-three (53) subjects completed the study. There were 28 subjects that tested Product A and 28 subjects tested Product B.



9.3 Adverse events, adverse reactions and subjects not completing the study

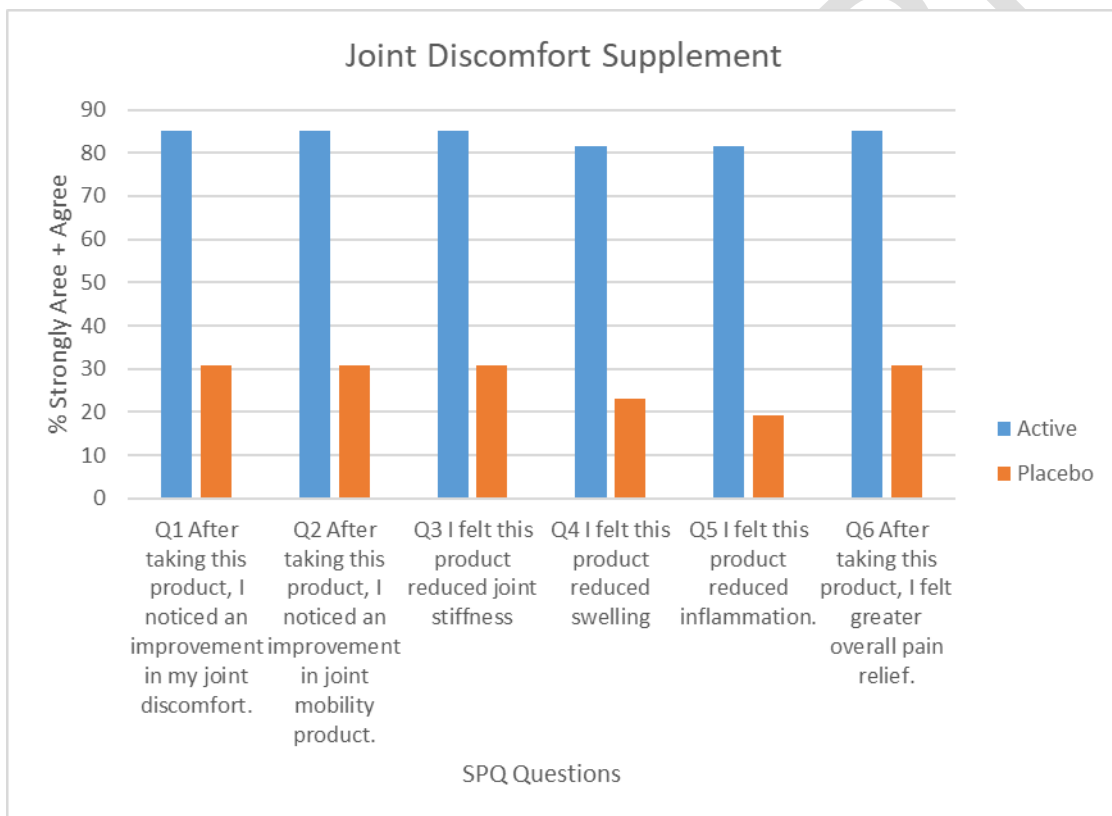
No Adverse Events were reported. Three subjects withdrew from the study for personal reasons.

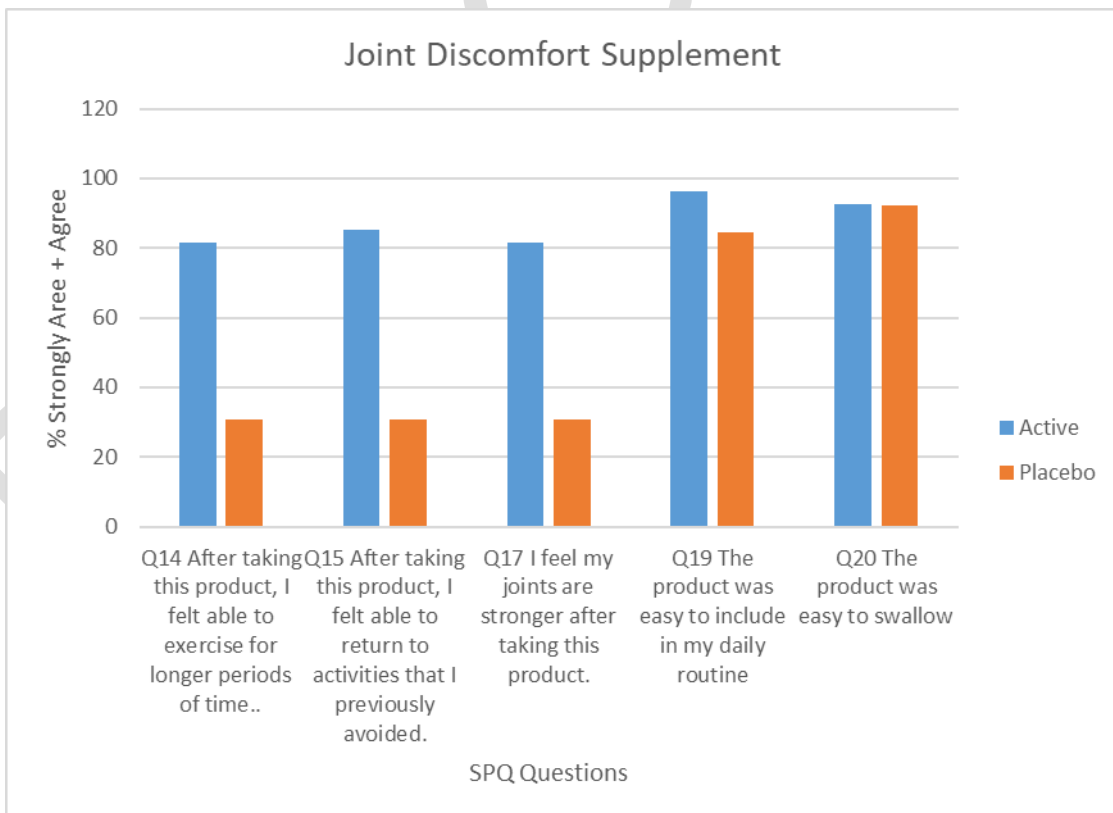
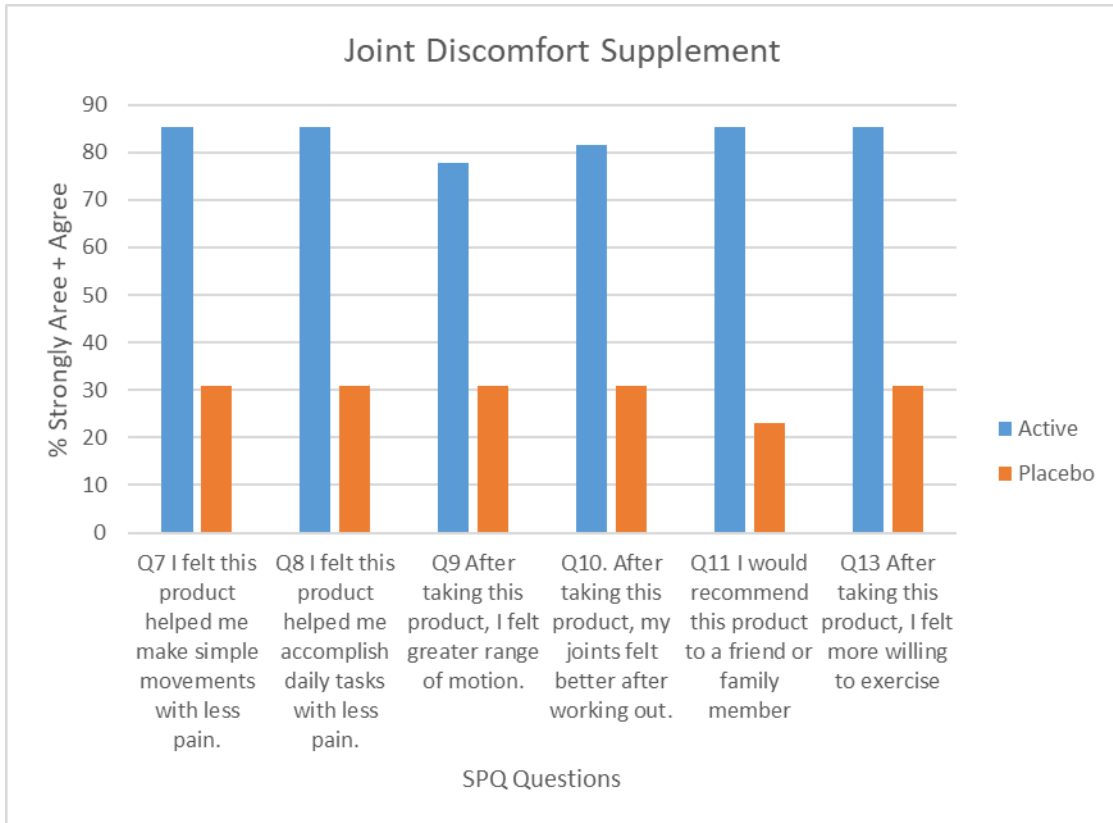
9.4 Conclusions

As can be seen from the data the product performed highly favourably under Clearcast guidelines, over the 30 day testing period shown by Top 2 responses (Strongly Agree + Agree) being >80% (regarded as highly favourable). The Sponsor's product also performed statistically significantly better than the Placebo product for 17 out of 20 comparable SPQ questions.

Claims such as "85.19% of participants noticed an improvement in their joint discomfort", "85.19% of subjects noticed an improvement in their joint discomfort in only 15 days" and "81.48% of subjects noticed an improvement in mobility in only 15 days" can be substantiated.

Top two responses (Strongly Agree + Agree) for the Active Product versus the Placebo Self Perception Questionnaire (SPQ)





Top two responses (Strongly Agree + Agree) for the Active (Product A) versus the Placebo (Product B) Daily Diary Self Perception Questionnaire (SPQ)

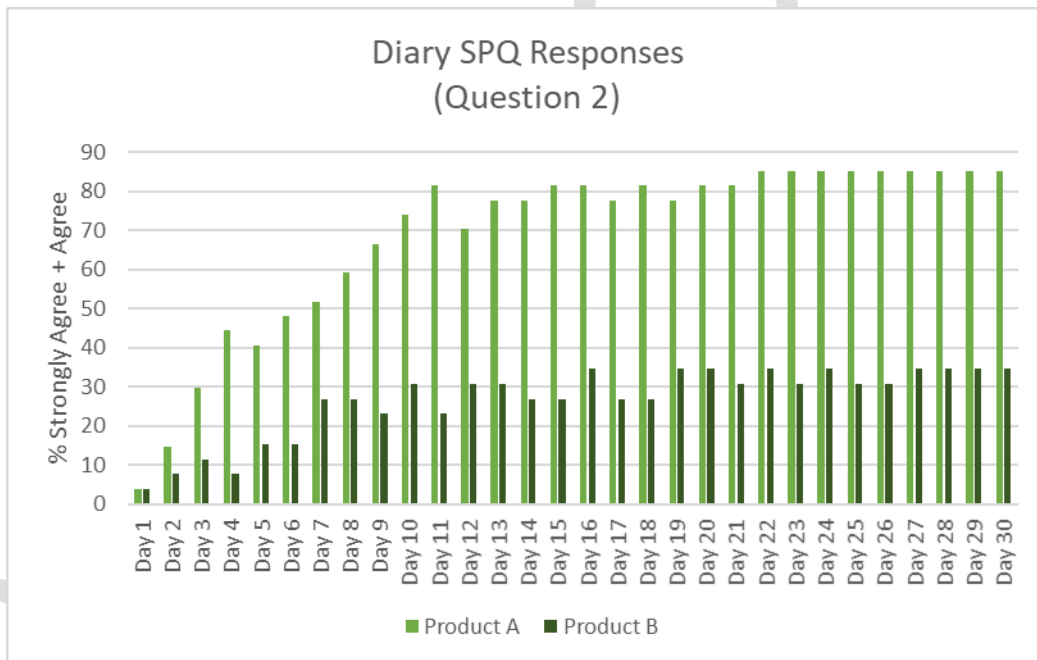
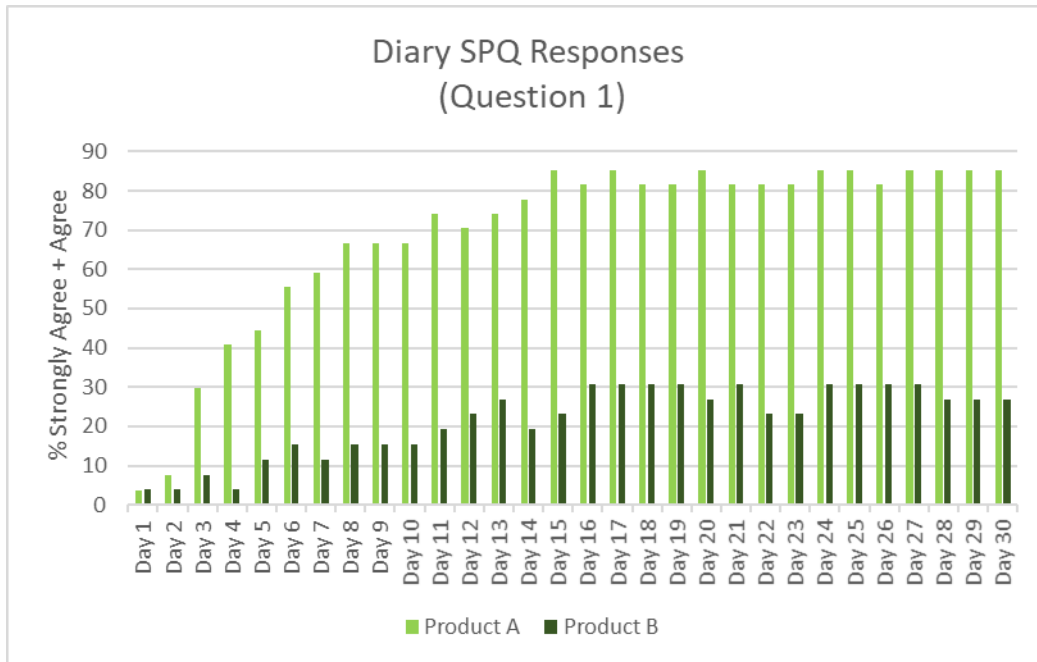


Table 1: Summary of % Responses for the Product Tested - Active

Question	Strongly Agree	Agree	Neither Agree Nor Disagree	Disagree	Strongly Disagree
Q1 After taking this product, I noticed an improvement in my joint discomfort.	26%	59%	11%	4%	0%
Q2 After taking this product, I noticed an improvement in joint mobility product.	26%	59%	15%	0%	0%
Q3 I felt this product reduced joint stiffness	22%	63%	15%	0%	0%
Q4 I felt this product reduced swelling	19%	63%	15%	4%	0%
Q5 I felt this product reduced inflammation.	19%	63%	15%	4%	0%
Q6 After taking this product, I felt greater overall pain relief.	26%	59%	15%	0%	0%
Q7 I felt this product helped me make simple movements with less pain.	22%	63%	15%	0%	0%
Q8 I felt this product helped me accomplish daily tasks with less pain.	22%	63%	15%	0%	0%
Q9 After taking this product, I felt greater range of motion.	19%	59%	19%	4%	0%
Q10. After taking this product, my joints felt better after working out.	26%	56%	15%	4%	0%
Q11 I would recommend this product to a friend or family member	30%	56%	15%	0%	0%
Q13 After taking this product, I felt more willing to exercise	22%	63%	11%	4%	0%
Q14 After taking this product, I felt able to exercise for longer periods of time..	22%	59%	11%	7%	0%
Q15 After taking this product, I felt able to return to activities that I previously avoided.	19%	67%	11%	4%	0%
Q17 I feel my joints are stronger after taking this product.	26%	56%	15%	4%	0%
Q19 The product was easy to include in my daily routine	44%	52%	4%	0%	0%
Q20 The product was easy to swallow	26%	67%	4%	4%	0%
Diary Q1 Do you feel joint pain relief?	33%	52%	11%	4%	0%
Diary Q2 Do you feel improved mobility?	22%	63%	11%	4%	0%

Table 2: Statistical Analysis – Paired T-Test of Treatment vs Placebo

Question No.	1	2	3	4	5	6	7	8
A vs B	1.38E-04	1.87E-05	1.76E-04	6.98E-06	6.98E-06	4.16E-05	3.37E-04	2.94E-05
Question No.	9	10	11	12	13	14	15	16
A vs B	1.73E-03	1.58E-03	1.84E-05	N/A	4.24E-04	2.75E-04	5.26E-05	N/A
Question No.	17	18	19	20				
A vs B	8.75E-05	N/A	6.47E-03	3.82E-01				

P<0.05 shows that the subject's perception of active product was statistically significantly better than the subject's perception of the placebo product.

PCR CORP

APPENDIX 1: SUBJECT CONSENT FORM

Study Code: NUTUSE3M

Subject #: _____

INTRODUCTION

You are being asked for your consent to participate in a research study. Prior to giving your consent, it is important that you take the time to read and understand what participation will involve. This consent form may contain technical language which you may not understand. If you do not understand any of this consent form, please ask the clinical staff any questions you may have.

You will be provided with a signed copy of this consent form and any other necessary written information prior to the start of the study.

OBJECTIVE

The objective of this research study is to determine the efficacy of one test article at improving joint discomfort.

TEST ARTICLES

The test article is a supplement to aid joint discomfort. The test article used will be through normal everyday use following usage instructions provided.

STUDY PROCEDURES

You will be one of approximately 50 subjects enrolled onto this study. Your participation in this study will last approximately four weeks (30 Days) and will include two visits to the testing facility.

Visit 1 (*Study day 1 – approximately 30 minutes*): Prior to acceptance on the study, you will be screened for eligibility to participate on the study and on confirmed eligibility consented to participate. Following verification of your acceptance and your written consent, you will be issued with the test product (with usage instructions and diary) to use at home for the next four weeks. You will need to answer the 2 questions of your diary card every day.

Visits 2 (*Study day 30 – approximately 15 minutes*): You will attend the study centre to complete an online questionnaire, return any unused test product and receive compensation.

RISKS

To the best of our knowledge, these products are not expected to induce an allergic reaction. While the potential for irritation or other reactions during this study are minimal, it is possible for a reaction to occur. Expected reactions for these test articles categories are mild in nature and may include the following: tiredness, headache, upset stomach. In addition to the risks described, there may be other risks that are currently unforeseeable.

No significant adverse reactions are expected to occur. However, if you develop an adverse reaction or complication as a result of your participation in this study, medical treatment will be provided by clinical staff nurses at PCR CORP or you will be referred for appropriate treatment at no cost to you, as long as you have followed the study instructions. Provisions of such medical care is not an admission of legal responsibility. You will be followed by PCR CORP until the adverse reaction has resolved. No additional compensation will be available to you. Neither the sponsoring company nor the investigating company will be held responsible for any future medical expenses.

APPENDIX 1 – CONTINUED

BENEFITS

While it is likely that you will not receive any direct benefit from your participation in the study, the study results may have the potential to increase scientific knowledge about nutritional supplements and may allow for new and improved products to be marketed.

CONFIDENTIALITY

Information concerning you that is obtained in connection with this study will be kept confidential by PCR CORP, except that the sponsoring company whose product is being tested will receive a copy of the study records. The records will be uniquely coded to protect your and your child's identity. In addition, third party regulatory authorities, including the U.S. Food and Drug Administration (FDA), may inspect the records of the study. In all cases, your confidentiality will be maintained and your identity will remain private.

Your signature on the Informed Consent provides your permission for these agencies to view your personal information and the study data.

NEW FINDINGS

Any new information that is discovered during the study and which may influence your willingness to continue in the study will be made available to you.

MEDICAL TREATMENT

In the event of an emergency, dial 999. If you receive any medical care during the course of the study, inform medical personnel that your participating in a research study. Please contact PCR CORP staff as soon as possible to inform them of your condition.

WHO TO CONTACT

If you have any questions about this study or in the case of an emergency, contact **Andy King** on **01245 934050** during normal business hours.

VOLUNTARY PARTICIPATION/WITHDRAWAL

Your participation in this research study is strictly voluntary. You may refuse to participate or may discontinue participation at any time during the study without penalty or loss of benefits to which you are otherwise entitled. However, you must contact the test facility and inform a clinical staff member of your decision to withdraw from the study.

If you agree to participate in the study, you are also agreeing to provide PCR CORP with accurate information and to follow study instructions as given to you. If you fail to follow study instructions, you may be asked to discontinue participation.

Your participation in the study may be discontinued at any time without your consent by PCR CORP, regulatory agencies, or the sponsoring company for reasons of but not limited to a severe side effect and accompanying illness, or if you do not follow study instructions.

COMPENSATION

If you agree to your participation in this study, you will be paid £XX upon completion of the study.

APPENDIX 2: SUBJECT INFORMATION SHEET

Study Code: NUTUSE3M

You have agreed to your participation in a research study. By agreeing to participate, you are also agreeing to the following prohibitions and restrictions:

- Subjects agree to use the trial product assigned as instructed, instead of their usual brand for the duration of the study.

The study schedule is as follows:

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
22 nd Jan Day 1 Visit 1	23 rd Jan Day 2	24 th Jan Day 3	25 th Jan Day 4	26 th Jan Day 5	27 th Jan Day 6	28 th Jan Day 7
29 th Jan Day 8	30 th Jan Day 9	31 st Jan Day 10	1 st Feb Day 11	2 nd Feb Day 12	3 rd Feb Day 13	4 th Feb Day 14
5 th Feb Day 15	6 th Feb Day 16	7 th Feb Day 17	8 th Feb Day 18	9 th Feb Day 19	10 th Feb Day 20	11 th Feb Day 21
12 th Feb Day 22	13 th Feb Day 23	14 th Feb Day 24	15 th Feb Day 25	16 th Feb Day 26	17 th Feb Day 27	18 th Feb Day 28
19 th Feb Day 29	20 th Feb Day 30	21 st Feb Day 31 Visit 2				

Please follow the usage instructions below:*Directions*

- take 1 capsule per day in the morning, without food.

*You must come in for all visits; no misses will be allowed. If you are unable to come in for a visit, your participation will be discontinued. Upon completion of this study on 21st February 2018, you will receive £XX for your participation.

If you have any questions about this study or in the case of a suspected allergic reaction, call Andy King on 01245 934050 during normal business hours.

APPENDIX 3: PRE-TREATMENT QUESTIONNAIRE

FOR OFFICE USE ONLY		
SUBJECT'S INITIALS		
MALE/FEMALE		
AGE		
SUBJECT NUMBER		

Study Code: NUTUSE3MSTRICTLY CONFIDENTIAL

Inclusion Criteria		Yes	No
1.	Healthy male and female volunteers, aged over 18 years, with self-assessed joint discomfort.	<input type="checkbox"/>	<input type="checkbox"/>
2.	Subject has completed a written informed consent.	<input type="checkbox"/>	<input type="checkbox"/>
Exclusion Criteria		Yes	No
1.	Subject is pregnant, nursing, or planning to become pregnant	<input type="checkbox"/>	<input type="checkbox"/>
2.	A current skin disease of any type at the test site (e.g. eczema, psoriasis)	<input type="checkbox"/>	<input type="checkbox"/>
3.	Subject is currently on prescription medication to help with joint discomfort.	<input type="checkbox"/>	<input type="checkbox"/>
4.	History of malignant disease	<input type="checkbox"/>	<input type="checkbox"/>
5.	Significant past medical history of hepatic, renal, cardiac, pulmonary, digestive, haematological, neurological, locomotor or psychiatric disease, which in the opinion of the Investigator would compromise the safety of the subject;	<input type="checkbox"/>	<input type="checkbox"/>
6.	History of asthma requiring regular medication.	<input type="checkbox"/>	<input type="checkbox"/>
7.	Known sensitivity to the test article, similar materials or their constituents.	<input type="checkbox"/>	<input type="checkbox"/>
8.	Subject is not currently participating, at PCR or other clinical testing facility, in a study utilizing the same test site (body area) or product or with conflicting inclusion/exclusion criteria.	<input type="checkbox"/>	<input type="checkbox"/>
Prohibitions and Restrictions		Yes	No
1.	Subjects agree to use the trial product assigned as instructed, instead of their usual brand for the duration of the study.	<input type="checkbox"/>	<input type="checkbox"/>

APPENDIX 3 – CONTINUED

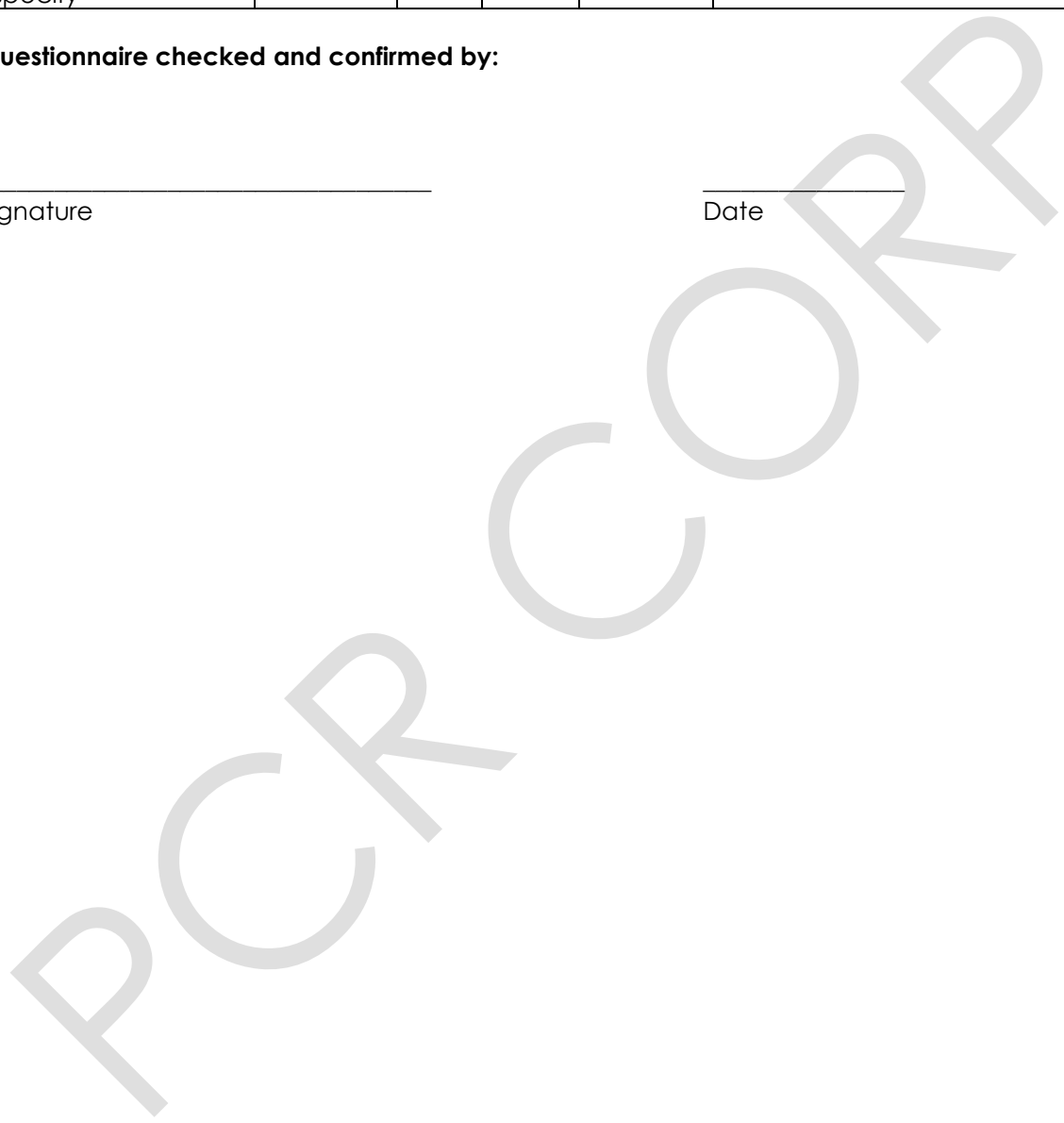
Have you ever had any problems related to the use of any of the following types of material?

Material	Yes			No	When? – Which products? – What happens?
Nutritional Supplements					
Other Personal Care Products – please specify					

Questionnaire checked and confirmed by:

Signature

Date



APPENDIX 4: TEST ARTICLES INCI LISTINGS

Active Supplement (A) – RediMove Vegetable Capsules

Ingredients:

Turmeric 95% Extract 102mg
Boswellia Serrata 65% Extract 102mg
M.S.M. (Methyl sulfonyl Methane) 102mg
UC-II* Undenatured type II Collagen 40.8mg
Bioperine* Black Pepper Extract 5.1mg
Size #0 Vegetable Capsule 100mg
Dicalcium Phosphate 38.1mg
Magnesium Stearate 10mg

Placebo Supplement (B)

Ingredients:

Vegetable Capsule (capsule shell).
Size #0 Vegetable Capsule 100mg
Dicalcium Phosphate 38.1mg
Magnesium Stearate 10mg

APPENDIX 5: SUBJECT DIARY

Please take the test product supplied to you as instructed, **1 CAPSULE PER DAY (without food)**.

Please answer the 2 questions in the table every day, following the answer key below.

If you have any problems with the product please call the office at 01245 934050 during business hours, 9:00am to 5:00pm.

PLEASE USE BLACK INK

Day	Date	Did you take 1 capsule? <input checked="" type="checkbox"/> Check Box	If NO, explain why	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?
1		<input type="checkbox"/> Yes <input type="checkbox"/> No			
2		<input type="checkbox"/> Yes <input type="checkbox"/> No			
3		<input type="checkbox"/> Yes <input type="checkbox"/> No			
4		<input type="checkbox"/> Yes <input type="checkbox"/> No			
5		<input type="checkbox"/> Yes <input type="checkbox"/> No			
6		<input type="checkbox"/> Yes <input type="checkbox"/> No			
7		<input type="checkbox"/> Yes <input type="checkbox"/> No			
8		<input type="checkbox"/> Yes <input type="checkbox"/> No			
9		<input type="checkbox"/> Yes <input type="checkbox"/> No			
10		<input type="checkbox"/> Yes <input type="checkbox"/> No			
11		<input type="checkbox"/> Yes <input type="checkbox"/> No			
12		<input type="checkbox"/> Yes <input type="checkbox"/> No			
13		<input type="checkbox"/> Yes <input type="checkbox"/> No			
14		<input type="checkbox"/> Yes <input type="checkbox"/> No			
15		<input type="checkbox"/> Yes <input type="checkbox"/> No			
16		<input type="checkbox"/> Yes <input type="checkbox"/> No			
17		<input type="checkbox"/> Yes <input type="checkbox"/> No			
18		<input type="checkbox"/> Yes <input type="checkbox"/> No			
19		<input type="checkbox"/> Yes <input type="checkbox"/> No			
20		<input type="checkbox"/> Yes <input type="checkbox"/> No			
21		<input type="checkbox"/> Yes <input type="checkbox"/> No			
22		<input type="checkbox"/> Yes <input type="checkbox"/> No			
23		<input type="checkbox"/> Yes <input type="checkbox"/> No			
24		<input type="checkbox"/> Yes <input type="checkbox"/> No			
25		<input type="checkbox"/> Yes <input type="checkbox"/> No			
26		<input type="checkbox"/> Yes <input type="checkbox"/> No			
27		<input type="checkbox"/> Yes <input type="checkbox"/> No			
28		<input type="checkbox"/> Yes <input type="checkbox"/> No			
29		<input type="checkbox"/> Yes <input type="checkbox"/> No			
30		<input type="checkbox"/> Yes <input type="checkbox"/> No Please bring back the product and daily.			

Answer Key for the 2 questions:

Strongly Disagree = 1

Disagree = 2

Neither Agree or Disagree = 3

Agree = 4

Strongly Agree = 5

Comments _____

APPENDIX 6: DIARY SELF-PERCEPTION QUESTIONS – ACTIVE PRODUCT

DAY	1		2		3	
Sub No	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?
1	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
2	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Disagree
3	Disagree	Disagree	Disagree	Disagree	Agree	Agree
4	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
6	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
7	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
11	Agree	Agree	Agree	Agree	Agree	Agree
13	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree	Strongly Agree	Strongly Agree
16	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
17	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
20	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Disagree
22	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
29	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree	Agree
30	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
34	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
36	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
38	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
41	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree	Agree
42	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
45	Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
46	Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree
47	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
48	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
49	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree
50	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree
51	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
53	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Agree	Disagree
55	Disagree	Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
% Strongly Agree	0.00%	0.00%	0.00%	0.00%	3.70%	3.70%
% Agree	3.70%	3.70%	7.41%	14.81%	25.93%	25.93%
% Neither Agree Nor Disagree	74.07%	66.67%	77.78%	66.67%	51.85%	51.85%
% Disagree	22.22%	29.63%	14.81%	18.52%	18.52%	18.52%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	3.70%	3.70%	7.41%	14.81%	29.63%	29.63%

DAY	4		5		6	
Sub No	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?
1	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
2	Disagree	Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
3	Agree	Agree	Agree	Agree	Strongly Agree	Agree
4	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Agree
6	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
7	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree	Agree
11	Agree	Agree	Agree	Agree	Agree	Agree
13	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
16	Agree	Agree	Agree	Agree	Agree	Agree
17	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
20	Disagree	Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
22	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
29	Agree	Agree	Agree	Agree	Agree	Agree
30	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
34	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Disagree
36	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
38	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
41	Agree	Agree	Agree	Agree	Agree	Agree
42	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
45	Disagree	Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
46	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
47	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
48	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
49	Agree	Agree	Agree	Agree	Agree	Agree
50	Agree	Agree	Agree	Agree	Agree	Agree
51	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
53	Agree	Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
55	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
% Strongly Agree	3.70%	0.00%	3.70%	3.70%	7.41%	3.70%
% Agree	37.04%	44.44%	40.74%	37.04%	48.15%	44.44%
% Neither Agree Nor Disagree	48.15%	40.74%	44.44%	48.15%	40.74%	48.15%
% Disagree	11.11%	14.81%	11.11%	11.11%	3.70%	3.70%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	40.74%	44.44%	44.44%	40.74%	55.56%	48.15%

DAY	7		8		9	
Sub No	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?
1	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree	Agree
2	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
3	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree	Agree
4	Agree	Agree	Agree	Strongly Agree	Agree	Agree
6	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
7	Agree	Agree	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
11	Agree	Agree	Agree	Agree	Agree	Agree
13	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
16	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
17	Agree	Agree	Agree	Agree	Agree	Strongly Agree
20	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
22	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree
29	Agree	Agree	Agree	Agree	Agree	Agree
30	Agree	Agree	Agree	Agree	Agree	Agree
34	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
36	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
38	Agree	Agree	Agree	Agree	Agree	Agree
41	Agree	Agree	Agree	Agree	Agree	Agree
42	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
45	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
46	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Agree
47	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
48	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
49	Agree	Agree	Agree	Agree	Agree	Agree
50	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree	Agree
51	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree
53	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree
55	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree
% Strongly Agree	11.11%	3.70%	11.11%	7.41%	11.11%	7.41%
% Agree	48.15%	48.15%	55.56%	51.85%	55.56%	59.26%
% Neither Agree Nor Disagree	37.04%	40.74%	29.63%	33.33%	29.63%	29.63%
% Disagree	3.70%	7.41%	3.70%	7.41%	3.70%	3.70%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	59.26%	51.85%	66.67%	59.26%	66.67%	66.67%

DAY	10		11		12	
Sub No	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?
1	Agree	Agree	Agree	Agree	Agree	Agree
2	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
3	Agree	Agree	Strongly Agree	Agree	Strongly Agree	Agree
4	Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
6	Agree	Agree	Agree	Agree	Agree	Agree
7	Neither Agree Nor Disagree	Agree	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
11	Agree	Agree	Agree	Agree	Agree	Agree
13	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
16	Agree	Agree	Agree	Agree	Agree	Agree
17	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
20	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
22	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree	Agree
29	Agree	Agree	Strongly Agree	Agree	Strongly Agree	Agree
30	Agree	Disagree	Agree	Agree	Agree	Agree
34	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
36	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
38	Agree	Agree	Agree	Agree	Agree	Agree
41	Agree	Agree	Agree	Agree	Agree	Agree
42	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Disagree	Neither Agree Nor Disagree
45	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
46	Agree	Agree	Agree	Agree	Agree	Agree
47	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree
48	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
49	Agree	Agree	Agree	Agree	Agree	Agree
50	Agree	Agree	Agree	Agree	Agree	Agree
51	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
53	Agree	Agree	Agree	Agree	Agree	Agree
55	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree	Agree
% Strongly Agree	7.41%	11.11%	18.52%	11.11%	22.22%	11.11%
% Agree	59.26%	62.96%	55.56%	70.37%	48.15%	59.26%
% Neither Agree Nor Disagree	29.63%	18.52%	22.22%	14.81%	22.22%	25.93%
% Disagree	3.70%	7.41%	3.70%	3.70%	7.41%	3.70%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	66.67%	74.07%	74.07%	81.48%	70.37%	70.37%

DAY	13		14		15	
Sub No	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?
1	Strongly Agree	Agree	Strongly Agree	Agree	Agree	Agree
2	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree
3	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree
4	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree
6	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree	Agree
7	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
11	Agree	Agree	Agree	Agree	Agree	Agree
13	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
16	Agree	Agree	Agree	Agree	Agree	Agree
17	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree
20	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
22	Agree	Agree	Strongly Agree	Agree	Agree	Agree
29	Agree	Agree	Strongly Agree	Agree	Strongly Agree	Agree
30	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
34	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
36	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
38	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree	Agree
41	Agree	Agree	Agree	Agree	Agree	Agree
42	Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
45	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
46	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree
47	Agree	Agree	Strongly Agree	Agree	Agree	Agree
48	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
49	Agree	Agree	Agree	Agree	Strongly Agree	Strongly Agree
50	Agree	Agree	Agree	Agree	Agree	Agree
51	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
53	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Agree	Agree
55	Agree	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree
% Strongly Agree	29.63%	18.52%	37.04%	22.22%	25.93%	22.22%
% Agree	44.44%	59.26%	40.74%	55.56%	59.26%	59.26%
% Neither Agree Nor Disagree	18.52%	14.81%	14.81%	18.52%	11.11%	14.81%
% Disagree	7.41%	7.41%	7.41%	3.70%	3.70%	3.70%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	74.07%	77.78%	77.78%	77.78%	85.19%	81.48%

DAY	16		17		18	
Sub No	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?
1	Agree	Agree	Agree	Agree	Strongly Agree	Strongly Agree
2	Agree	Agree	Agree	Agree	Agree	Agree
3	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
4	Agree	Agree	Agree	Agree	Agree	Agree
6	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree
7	Agree	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
11	Agree	Agree	Agree	Agree	Agree	Agree
13	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
16	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
17	Agree	Agree	Agree	Agree	Strongly Agree	Strongly Agree
20	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree
22	Agree	Agree	Strongly Agree	Strongly Agree	Agree	Agree
29	Agree	Agree	Agree	Agree	Agree	Agree
30	Agree	Agree	Agree	Agree	Agree	Agree
34	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
36	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
38	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree	Agree
41	Agree	Agree	Agree	Agree	Agree	Agree
42	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
45	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Agree
46	Strongly Agree	Agree	Strongly Agree	Agree	Agree	Agree
47	Strongly Agree	Agree	Agree	Agree	Agree	Agree
48	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
49	Strongly Agree	Strongly Agree	Agree	Agree	Strongly Agree	Strongly Agree
50	Agree	Agree	Agree	Agree	Agree	Agree
51	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree	Agree
53	Agree	Agree	Strongly Agree	Agree	Strongly Agree	Agree
55	Agree	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree
% Strongly Agree	25.93%	14.81%	25.93%	18.52%	29.63%	22.22%
% Agree	55.56%	66.67%	59.26%	59.26%	51.85%	59.26%
% Neither Agree Nor Disagree	14.81%	11.11%	11.11%	14.81%	14.81%	11.11%
% Disagree	3.70%	7.41%	3.70%	7.41%	3.70%	7.41%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	81.48%	81.48%	85.19%	77.78%	81.48%	81.48%

DAY	19		20		21	
Sub No	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?
1	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree
2	Agree	Agree	Agree	Agree	Agree	Agree
3	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
4	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Agree	Agree
6	Strongly Agree	Agree	Agree	Agree	Agree	Agree
7	Neither Agree Nor Disagree	Agree	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
11	Agree	Agree	Agree	Agree	Agree	Agree
13	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
16	Agree	Agree	Agree	Agree	Agree	Agree
17	Agree	Strongly Agree	Agree	Strongly Agree	Agree	Agree
20	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
22	Agree	Agree	Strongly Agree	Agree	Agree	Agree
29	Agree	Agree	Agree	Agree	Strongly Agree	Agree
30	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree
34	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
36	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
38	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree
41	Agree	Agree	Agree	Agree	Agree	Agree
42	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
45	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
46	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree
47	Agree	Agree	Agree	Agree	Agree	Agree
48	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
49	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
50	Agree	Agree	Agree	Agree	Agree	Agree
51	Agree	Agree	Agree	Agree	Agree	Agree
53	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree	Agree
55	Agree	Agree	Agree	Strongly Agree	Agree	Strongly Agree
% Strongly Agree	29.63%	14.81%	29.63%	22.22%	25.93%	22.22%
% Agree	51.85%	62.96%	55.56%	59.26%	55.56%	59.26%
% Neither Agree Nor Disagree	14.81%	14.81%	11.11%	11.11%	14.81%	14.81%
% Disagree	3.70%	7.41%	3.70%	7.41%	3.70%	3.70%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	81.48%	77.78%	85.19%	81.48%	81.48%	81.48%

DAY	22		23		24	
Sub No	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?
1	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Agree	Agree
2	Agree	Agree	Agree	Agree	Agree	Agree
3	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
4	Agree	Agree	Agree	Agree	Agree	Strongly Agree
6	Agree	Agree	Strongly Agree	Agree	Strongly Agree	Agree
7	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
11	Agree	Agree	Agree	Agree	Agree	Agree
13	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
16	Agree	Agree	Agree	Agree	Agree	Agree
17	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree
20	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
22	Strongly Agree	Agree	Strongly Agree	Agree	Agree	Agree
29	Agree	Agree	Agree	Agree	Agree	Agree
30	Agree	Agree	Agree	Agree	Agree	Agree
34	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
36	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
38	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Agree
41	Agree	Agree	Agree	Agree	Agree	Agree
42	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
45	Agree	Agree	Agree	Agree	Agree	Agree
46	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
47	Agree	Agree	Agree	Agree	Agree	Agree
48	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
49	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
50	Agree	Agree	Agree	Agree	Agree	Agree
51	Agree	Strongly Agree	Agree	Strongly Agree	Agree	Agree
53	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree
55	Agree	Agree	Agree	Agree	Agree	Strongly Agree
% Strongly Agree	33.33%	25.93%	37.04%	25.93%	29.63%	25.93%
% Agree	48.15%	59.26%	44.44%	59.26%	55.56%	59.26%
% Neither Agree Nor Disagree	14.81%	11.11%	14.81%	11.11%	7.41%	11.11%
% Disagree	3.70%	3.70%	3.70%	3.70%	7.41%	3.70%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	81.48%	85.19%	81.48%	85.19%	85.19%	85.19%

DAY	25		26		27	
Sub No	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?
1	Agree	Agree	Strongly Agree	Agree	Agree	Agree
2	Agree	Agree	Agree	Agree	Agree	Agree
3	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree
4	Agree	Agree	Agree	Agree	Agree	Agree
6	Strongly Agree	Agree	Strongly Agree	Agree	Agree	Agree
7	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
11	Agree	Agree	Agree	Agree	Agree	Agree
13	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
16	Agree	Agree	Agree	Agree	Agree	Agree
17	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
20	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
22	Agree	Agree	Strongly Agree	Agree	Strongly Agree	Agree
29	Strongly Agree	Agree	Agree	Agree	Strongly Agree	Strongly Agree
30	Agree	Agree	Agree	Agree	Agree	Agree
34	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
36	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
38	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree	Agree
41	Strongly Agree	Agree	Strongly Agree	Agree	Agree	Agree
42	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
45	Agree	Agree	Agree	Agree	Agree	Agree
46	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree
47	Agree	Agree	Agree	Agree	Agree	Agree
48	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
49	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
50	Agree	Agree	Agree	Agree	Agree	Agree
51	Agree	Agree	Agree	Strongly Agree	Agree	Agree
53	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
55	Agree	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree
% Strongly Agree	37.04%	25.93%	40.74%	22.22%	33.33%	29.63%
% Agree	48.15%	59.26%	40.74%	62.96%	51.85%	55.56%
% Neither Agree Nor Disagree	11.11%	11.11%	11.11%	11.11%	7.41%	11.11%
% Disagree	3.70%	3.70%	7.41%	3.70%	7.41%	3.70%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	85.19%	85.19%	81.48%	85.19%	85.19%	85.19%

DAY	28		29		30	
	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?
Sub No						
1	Agree	Agree	Agree	Agree	Agree	Agree
2	Agree	Agree	Agree	Agree	Agree	Agree
3	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
4	Agree	Agree	Agree	Agree	Agree	Agree
6	Strongly Agree	Agree	Agree	Agree	Agree	Agree
7	Agree	Agree	Agree	Agree	Agree	Agree
11	Agree	Agree	Agree	Agree	Agree	Agree
13	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
16	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree	Agree
17	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
20	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
22	Agree	Agree	Strongly Agree	Agree	Agree	Agree
29	Agree	Agree	Agree	Agree	Strongly Agree	Agree
30	Agree	Agree	Agree	Agree	Agree	Agree
34	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
36	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
38	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Agree
41	Agree	Agree	Agree	Agree	Agree	Agree
42	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
45	Agree	Agree	Agree	Agree	Agree	Agree
46	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
47	Agree	Agree	Agree	Agree	Agree	Agree
48	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
49	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
50	Agree	Agree	Agree	Agree	Agree	Agree
51	Agree	Agree	Agree	Agree	Agree	Agree
53	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree
55	Agree	Agree	Agree	Agree	Agree	Agree
% Strongly Agree	33.33%	25.93%	33.33%	18.52%	33.33%	22.22%
% Agree	51.85%	59.26%	51.85%	66.67%	51.85%	62.96%
% Neither Agree Nor Disagree	11.11%	11.11%	11.11%	11.11%	11.11%	11.11%
% Disagree	3.70%	3.70%	3.70%	3.70%	3.70%	3.70%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	85.19%	85.19%	85.19%	85.19%	85.19%	85.19%

APPENDIX 7: DIARY SELF-PERCEPTION QUESTIONS – PLACEBO PRODUCT

DAY	1		2		3	
Sub No	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?
5	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
8	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
9	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
10	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
12	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
14	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
15	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree
18	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
19	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree
21	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
23	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
24	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
25	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
26	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree	Agree
27	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
28	Agree	Agree	Agree	Strongly Agree	Neither Agree Nor Disagree	Agree
31	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
32	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
33	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
35	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
37	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
39	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
40	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
43	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
44	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Disagree	Disagree
52	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
54	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
56	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
% Strongly Agree	0.00%	0.00%	0.00%	3.85%	0.00%	0.00%
% Agree	3.85%	3.85%	3.85%	3.85%	7.69%	11.54%
% Neither Agree Nor Disagree	73.08%	65.38%	69.23%	61.54%	65.38%	57.69%
% Disagree	23.08%	30.77%	26.92%	30.77%	26.92%	30.77%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	3.85%	3.85%	3.85%	7.69%	7.69%	11.54%

DAY	4		5		6	
Sub No	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?
5	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
8	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
9	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
10	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
12	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
14	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
15	Agree	Agree	Agree	Agree	Agree	Agree
18	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
19	Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
21	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
23	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree
24	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
25	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
26	Disagree	Neither Agree Nor Disagree	Agree	Agree	Disagree	Agree
27	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
28	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
31	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
32	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
33	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
35	Disagree	Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
37	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
39	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
40	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
43	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
44	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
52	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
54	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
56	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
% Strongly Agree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Agree	3.85%	7.69%	11.54%	15.38%	15.38%	15.38%
% Neither Agree Nor Disagree	65.38%	65.38%	69.23%	65.38%	65.38%	73.08%
% Disagree	30.77%	26.92%	19.23%	19.23%	19.23%	11.54%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	3.85%	7.69%	11.54%	15.38%	15.38%	15.38%

DAY	7		8		9	
	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?
Sub No						
5	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
8	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree	Agree	Neither Agree Nor Disagree
9	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
10	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
12	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
14	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
15	Agree	Agree	Agree	Agree	Agree	Agree
18	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
19	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
21	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
23	Agree	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
24	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Disagree
25	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
26	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
27	Disagree	Neither Agree Nor Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
28	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
31	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
32	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
33	Agree	Agree	Agree	Agree	Agree	Agree
35	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
37	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
39	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
40	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
43	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
44	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
52	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
54	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Disagree	Disagree	Disagree
56	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
% Strongly Agree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Agree	11.54%	26.92%	15.38%	26.92%	15.38%	23.08%
% Neither Agree Nor Disagree	69.23%	61.54%	65.38%	53.85%	65.38%	57.69%
% Disagree	19.23%	11.54%	19.23%	19.23%	19.23%	19.23%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	11.54%	26.92%	15.38%	26.92%	15.38%	23.08%

DAY	10		11		12	
Sub No	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?
5	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Disagree
8	Agree	Agree	Agree	Agree	Agree	Agree
9	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
10	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
12	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
14	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
15	Agree	Agree	Agree	Agree	Agree	Agree
18	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
19	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
21	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
23	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree
24	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Disagree
25	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
26	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree
27	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
28	Agree	Agree	Agree	Agree	Disagree	Agree
31	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
32	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
33	Agree	Agree	Agree	Agree	Agree	Agree
35	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
37	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
39	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
40	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
43	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
44	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree	Agree
52	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
54	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
56	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree
% Strongly Agree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Agree	15.38%	30.77%	19.23%	23.08%	23.08%	30.77%
% Neither Agree Nor Disagree	69.23%	50.00%	61.54%	57.69%	50.00%	42.31%
% Disagree	15.38%	19.23%	19.23%	19.23%	26.92%	26.92%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	15.38%	30.77%	19.23%	23.08%	23.08%	30.77%

DAY	13		14		15	
Sub No	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?
5	Disagree	Disagree	Disagree	Disagree	Disagree	Neither Agree Nor Disagree
8	Agree	Agree	Agree	Agree	Agree	Agree
9	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
10	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
12	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
14	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
15	Agree	Agree	Agree	Agree	Agree	Agree
18	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
19	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
21	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
23	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
24	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
25	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
26	Agree	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
27	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
28	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree
31	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
32	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
33	Agree	Agree	Agree	Agree	Agree	Agree
35	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
37	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
39	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
40	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
43	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
44	Agree	Agree	Agree	Strongly Agree	Agree	Agree
52	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
54	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
56	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
% Strongly Agree	0.00%	0.00%	0.00%	3.85%	0.00%	0.00%
% Agree	26.92%	30.77%	19.23%	23.08%	23.08%	26.92%
% Neither Agree Nor Disagree	50.00%	42.31%	61.54%	50.00%	57.69%	57.69%
% Disagree	23.08%	26.92%	19.23%	23.08%	19.23%	15.38%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	26.92%	30.77%	19.23%	26.92%	23.08%	26.92%

DAY	16		17		18	
Sub No	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?
5	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
8	Strongly Agree	Agree	Agree	Agree	Agree	Agree
9	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
10	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
12	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
14	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
15	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Agree	Agree
18	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
19	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
21	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
23	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
24	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Disagree	Disagree	Disagree
25	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
26	Neither Agree Nor Disagree	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
27	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
28	Agree	Agree	Agree	Agree	Agree	Agree
31	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
32	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
33	Agree	Agree	Agree	Agree	Agree	Agree
35	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
37	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
39	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
40	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
43	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
44	Agree	Strongly Agree	Agree	Agree	Agree	Strongly Agree
52	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
54	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree
56	Agree	Agree	Agree	Agree	Agree	Strongly Agree
% Strongly Agree	7.69%	7.69%	3.85%	0.00%	0.00%	7.69%
% Agree	23.08%	26.92%	26.92%	26.92%	30.77%	19.23%
% Neither Agree Nor Disagree	50.00%	46.15%	50.00%	50.00%	46.15%	50.00%
% Disagree	19.23%	19.23%	19.23%	23.08%	23.08%	23.08%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	30.77%	34.62%	30.77%	26.92%	30.77%	26.92%

DAY	19		20		21	
Sub No	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?
5	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
8	Agree	Agree	Agree	Agree	Agree	Agree
9	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
10	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
12	Agree	Agree	Agree	Agree	Agree	Agree
14	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
15	Agree	Agree	Strongly Agree	Agree	Agree	Agree
18	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
19	Agree	Agree	Agree	Agree	Agree	Neither Agree Nor Disagree
21	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
23	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
24	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
25	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
26	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
27	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
28	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
31	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
32	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
33	Agree	Agree	Agree	Agree	Strongly Agree	Agree
35	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
37	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
39	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
40	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
43	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
44	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Agree
52	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
54	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
56	Agree	Agree	Strongly Agree	Strongly Agree	Agree	Agree
% Strongly Agree	0.00%	3.85%	11.54%	7.69%	3.85%	0.00%
% Agree	30.77%	30.77%	15.38%	26.92%	26.92%	30.77%
% Neither Agree Nor Disagree	50.00%	50.00%	50.00%	46.15%	53.85%	53.85%
% Disagree	19.23%	15.38%	23.08%	19.23%	15.38%	15.38%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	30.77%	34.62%	26.92%	34.62%	30.77%	30.77%

DAY	22		23		24	
Sub No	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?
5	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
8	Agree	Agree	Agree	Agree	Agree	Agree
9	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
10	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
12	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree
14	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
15	Agree	Agree	Agree	Agree	Agree	Agree
18	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
19	Agree	Agree	Agree	Agree	Agree	Agree
21	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
23	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree
24	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
25	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
26	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
27	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
28	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
31	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
32	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
33	Agree	Agree	Agree	Agree	Agree	Agree
35	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
37	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
39	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
40	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
43	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
44	Agree	Agree	Agree	Agree	Strongly Agree	Agree
52	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
54	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
56	Agree	Agree	Agree	Agree	Strongly Agree	Strongly Agree
% Strongly Agree	0.00%	0.00%	0.00%	0.00%	7.69%	3.85%
% Agree	23.08%	34.62%	23.08%	30.77%	23.08%	30.77%
% Neither Agree Nor Disagree	57.69%	46.15%	53.85%	50.00%	50.00%	46.15%
% Disagree	19.23%	19.23%	23.08%	19.23%	19.23%	19.23%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	23.08%	34.62%	23.08%	30.77%	30.77%	34.62%

DAY	25		26		27	
Sub No	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?
5	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
8	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Agree	Agree
9	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
10	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
12	Agree	Agree	Agree	Agree	Agree	Agree
14	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
15	Agree	Agree	Agree	Agree	Strongly Agree	Agree
18	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
19	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
21	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
23	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree
24	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
25	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
26	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
27	Disagree	Neither Agree Nor Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Disagree
28	Agree	Agree	Agree	Agree	Agree	Agree
31	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
32	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
33	Agree	Agree	Agree	Agree	Agree	Agree
35	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
37	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
39	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
40	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
43	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
44	Strongly Agree	Strongly Agree	Agree	Agree	Agree	Agree
52	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
54	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
56	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree
% Strongly Agree	11.54%	11.54%	7.69%	3.85%	7.69%	0.00%
% Agree	19.23%	19.23%	23.08%	26.92%	23.08%	34.62%
% Neither Agree Nor Disagree	46.15%	50.00%	42.31%	42.31%	50.00%	42.31%
% Disagree	23.08%	19.23%	26.92%	26.92%	19.23%	23.08%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	30.77%	30.77%	30.77%	30.77%	30.77%	34.62%

DAY	28		29		30	
Sub No	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?	Q1 – Do you feel joint pain relief?	Q2 – Do you feel improved mobility?
5	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
8	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree	Agree
9	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
10	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
12	Agree	Agree	Agree	Agree	Agree	Agree
14	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
15	Agree	Agree	Strongly Agree	Agree	Agree	Agree
18	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
19	Agree	Agree	Agree	Agree	Agree	Agree
21	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
23	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree
24	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
25	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
26	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
27	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
28	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
31	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
32	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
33	Strongly Agree	Agree	Strongly Agree	Agree	Agree	Agree
35	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
37	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
39	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
40	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
43	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
44	Agree	Agree	Agree	Agree	Agree	Agree
52	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
54	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
56	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree
% Strongly Agree	11.54%	0.00%	15.38%	0.00%	7.69%	3.85%
% Agree	15.38%	34.62%	11.54%	34.62%	19.23%	30.77%
% Neither Agree Nor Disagree	53.85%	50.00%	57.69%	46.15%	53.85%	46.15%
% Disagree	19.23%	15.38%	15.38%	19.23%	19.23%	19.23%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	26.92%	34.62%	26.92%	34.62%	26.92%	34.62%

APPENDIX 8: SELF-PERCEPTION QUESTIONNAIRE INDIVIDUAL RESPONSES – PRODUCT A (ACTIVE)

Sub No	Q1 After taking this product, I noticed an improvement in my joint discomfort.	Q2 After taking this product, I noticed an improvement in joint mobility product.	Q3 I felt this product reduced joint stiffness	Q4 I felt this product reduced swelling	Q5 I felt this product reduced inflammation.	Q6 After taking this product, I felt greater overall pain relief.	Q7 I felt this product helped me make simple movements with less pain.
1	Agree	Agree	Agree	Agree	Agree	Agree	Agree
2	Agree	Agree	Agree	Agree	Agree	Agree	Agree
3	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Agree	Strongly Agree	Strongly Agree
4	Agree	Agree	Agree	Agree	Agree	Agree	Agree
6	Agree	Agree	Agree	Agree	Agree	Agree	Agree
7	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
11	Agree	Agree	Agree	Agree	Agree	Agree	Agree
13	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
16	Agree	Agree	Agree	Agree	Agree	Agree	Agree
17	Strongly Agree	Agree	Agree	Agree	Agree	Strongly Agree	Agree
20	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
22	Agree	Agree	Agree	Agree	Agree	Agree	Agree
29	Agree	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree
30	Agree	Agree	Agree	Agree	Agree	Agree	Agree
34	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Disagree
36	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
38	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
41	Agree	Agree	Agree	Agree	Agree	Agree	Agree
42	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
45	Agree	Agree	Agree	Agree	Agree	Agree	Agree
46	Strongly Agree	Strongly Agree	Agree	Agree	Agree	Agree	Agree
47	Agree	Agree	Agree	Agree	Agree	Agree	Agree
48	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
49	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
50	Agree	Agree	Agree	Agree	Agree	Agree	Agree
51	Agree	Agree	Agree	Agree	Agree	Agree	Agree
53	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
55	Agree	Agree	Agree	Agree	Agree	Agree	Agree
% Strongly Agree	25.93%	25.93%	22.22%	18.52%	18.52%	25.93%	22.22%
% Agree	59.26%	59.26%	62.96%	62.96%	62.96%	59.26%	62.96%
% Neither Agree Nor Disagree	11.11%	14.81%	14.81%	14.81%	14.81%	14.81%	11.11%
% Disagree	3.70%	0.00%	0.00%	3.70%	3.70%	0.00%	3.70%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	85.19%	85.19%	85.19%	81.48%	81.48%	85.19%	85.19%

APPENDIX 8 - CONTINUED

Sub No	Q8 I felt this product helped me accomplish daily tasks with less pain.	Q9 After taking this product, I felt greater range of motion.	Q10. After taking this product, my joints felt better after working out.	Q11 I would recommend this product to a friend or family member	Q12 what product if any do you take/use for your joint discomfort?	Q13 After taking this product, I felt more willing to exercise
1	Agree	Agree	Agree	Agree	Ibuleve	Agree
2	Agree	Agree	Agree	Agree	Radox	Agree
3	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree		Strongly Agree
4	Agree	Agree	Agree	Strongly Agree	Cura heat	Agree
6	Agree	Agree	Agree	Agree	Deep Heat	Agree
7	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Tiger balm	Strongly Agree
11	Agree	Agree	Agree	Agree		Agree
13	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Acti Patch	Strongly Agree
16	Agree	Neither Agree Nor Disagree	Agree	Agree		Agree
17	Agree	Agree	Strongly Agree	Strongly Agree	Voltarol	Agree
20	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Deep Heat	Agree
22	Agree	Agree	Agree	Agree	Swisse	Agree
29	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Therma Care	Neither Agree Nor Disagree
30	Agree	Agree	Agree	Agree	Knee pads/ Acti Patch	Agree
34	Neither Agree Nor Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Tiger balm/ Deep heat	Disagree
36	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
38	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Voltarol	Strongly Agree
41	Agree	Agree	Agree	Agree	deep heat	Agree
42	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree
45	Agree	Agree	Agree	Agree	Voltarol	Agree
46	Agree	Agree	Agree	Agree	Deep Relief	Agree
47	Agree	Agree	Agree	Agree	Tiger balm	Agree
48	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree
49	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Deep Heat	Strongly Agree
50	Agree	Agree	Agree	Agree	Swisse	Agree
51	Agree	Agree	Agree	Agree		Agree
53	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Revitive	Strongly Agree
55	Agree	Agree	Agree	Agree		Agree
% Strongly Agree	22.22%	18.52%	25.93%	29.63%	0.00%	22.22%
% Agree	62.96%	59.26%	55.56%	55.56%	0.00%	62.96%
% Neither Agree Nor Disagree	14.81%	18.52%	14.81%	14.81%	0.00%	11.11%
% Disagree	0.00%	3.70%	3.70%	0.00%	0.00%	3.70%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	85.19%	77.78%	81.48%	85.19%	0.00%	85.19%

APPENDIX 8 – CONTINUED

Sub No	Q14 After taking this product, I felt able to exercise for longer periods of time..	Q15 After taking this product, I felt able to return to activities that I previously avoided.	Q16 Is there anything about this product you like?	Q17 I feel my joints are stronger after taking this product.	Q18 Is there anything about this product you dislike?	Q19 The product was easy to include in my daily routine	Q20 The product was easy to swallow
1	Agree	Agree	Good product	Agree		Agree	Agree
2	Agree	Agree		Agree		Agree	Agree
3	Strongly Agree	Strongly Agree	difference, epecially after a stre	Strongly Agree		Strongly Agree	Strongly Agree
4	Agree	Agree		Agree		Strongly Agree	Agree
6	Agree	Agree		Agree		Agree	Agree
7	Strongly Agree	Agree	I liked that it worked	Strongly Agree		Strongly Agree	Agree
11	Agree	Agree		Agree		Agree	Neither Agree Nor Disagree
13	Agree	Agree	they were easy to swallow	Strongly Agree		Strongly Agree	Strongly Agree
16	Agree	Agree		Agree		Agree	Agree
17	Strongly Agree	Strongly Agree	certain machines but now I'm r	Strongly Agree		Strongly Agree	Agree
20	Agree	Agree	Felt good afterwards	Neither Agree Nor Disagree		Agree	Agree
22	Agree	Agree		Agree		Agree	Agree
29	Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree		Strongly Agree	Strongly Agree
30	Agree	Agree	ould feel the difference really good	Agree		Agree	Agree
34	Disagree	Disagree	was easy to swallow	Disagree	Didn't feel any diffence so was a waste of my time	Neither Agree Nor Disagree	Agree
36	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
38	Strongly Agree	Strongly Agree	to my routine and more importa	Strongly Agree		Strongly Agree	Agree
41	Agree	Agree	I could do more	Agree		Strongly Agree	Strongly Agree
42	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree	Might just be me but I did not get any benefits from taking them	Agree	Disagree
45	Agree	Agree	don't feel as stiff anymore	Agree		Strongly Agree	Agree
46	Neither Agree Nor Disagree	Agree		Agree		Strongly Agree	Strongly Agree
47	Agree	Agree	elling seemed to be less promin	Agree		Agree	Agree
48	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree		Agree	Agree
49	Strongly Agree	Strongly Agree	ore I took them the more they w	Strongly Agree		Strongly Agree	Strongly Agree
50	Agree	Agree	o take them and they did reliev	Agree		Agree	Agree
51	Agree	Agree	y joints feel a lot better afterwar	Agree		Agree	Agree
53	Strongly Agree	Strongly Agree	ny knees and elbows and they s	Strongly Agree		Strongly Agree	Strongly Agree
55	Agree	Agree		Agree		Agree	Agree
% Strongly Agree	22.22%	18.52%	0.00%	25.93%		44.44%	25.93%
% Agree	59.26%	66.67%	0.00%	55.56%		51.85%	66.67%
% Neither Agree Nor Disagree	11.11%	11.11%	0.00%	14.81%		3.70%	3.70%
% Disagree	7.41%	3.70%	0.00%	3.70%		0.00%	3.70%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%		0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	81.48%	85.19%	0.00%	81.48%		96.30%	92.59%

APPENDIX 9: SELF-PERCEPTION QUESTIONNAIRE INDIVIDUAL – PRODUCT B (PLACEBO)

Sub No	Q1 After taking this product, I noticed an improvement in my joint discomfort.	Q2 After taking this product, I noticed an improvement in joint mobility product.	Q3 I felt this product reduced joint stiffness	Q4 I felt this product reduced swelling	Q5 I felt this product reduced inflammation.	Q6 After taking this product, I felt greater overall pain relief.	Q7 I felt this product helped me make simple movements with less pain.
5	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
8	Agree	Agree	Agree	Agree	Agree	Agree	Agree
9	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
10	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
12	Agree	Agree	Agree	Agree	Agree	Agree	Agree
14	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
15	Agree	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree
18	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
19	Agree	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
21	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
23	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
24	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
25	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
26	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
27	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
28	Agree	Agree	Agree	Agree	Agree	Agree	Agree
31	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
32	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
33	Agree	Agree	Strongly Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree
35	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
37	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
39	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
40	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
43	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
44	Agree	Agree	Agree	Agree	Agree	Agree	Agree
52	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
54	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
56	Agree	Agree	Agree	Agree	Agree	Agree	Agree
% Strongly Agree	0.00%	0.00%	3.85%	0.00%	0.00%	0.00%	3.85%
% Agree	30.77%	30.77%	26.92%	23.08%	19.23%	30.77%	26.92%
% Neither Agree Nor Disagree	50.00%	46.15%	50.00%	53.85%	61.54%	50.00%	50.00%
% Disagree	19.23%	23.08%	19.23%	23.08%	19.23%	19.23%	19.23%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	30.77%	30.77%	30.77%	23.08%	19.23%	30.77%	30.77%

APPENDIX 9 - CONTINUED

Sub No	Q8 I felt this product helped me accomplish daily tasks with less pain.	Q9 After taking this product, I felt greater range of motion.	Q10. After taking this product, my joints felt better after working out.	Q11 I would recommend this product to a friend or family member	Q12 what product if any do you take/use for your joint discomfort?	Q13 After taking this product, I felt more willing to exercise
5	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree		Neither Agree Nor Disagree
8	Agree	Agree	Agree	Agree		Agree
9	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Deep Heat	Neither Agree Nor Disagree
10	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Voltarol	Neither Agree Nor Disagree
12	Agree	Agree	Agree	Neither Agree Nor Disagree	Ibuleve gel	Agree
14	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree
15	Agree	Agree	Agree	Neither Agree Nor Disagree	Herbal Remedy	Agree
18	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
19	Agree	Agree	Agree	Agree		Agree
21	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Asda gel	Neither Agree Nor Disagree
23	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Voltarol	Neither Agree Nor Disagree
24	Disagree	Disagree	Disagree	Disagree	Voltarol	Disagree
25	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree
26	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Deep Heat/Freeze	Neither Agree Nor Disagree
27	Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Flexiseq	Disagree
28	Agree	Agree	Agree	Agree	Pain Relief Patches	Agree
31	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Disagree	Ultraleve	Neither Agree Nor Disagree
32	Disagree	Disagree	Disagree	Disagree	Ibuleve	Disagree
33	Agree	Agree	Strongly Agree	Agree	Cura Patch	Strongly Agree
35	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree
37	Disagree	Disagree	Disagree	Disagree	Tiger Balm	Disagree
39	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
40	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Cura Heat	Neither Agree Nor Disagree
43	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree		Neither Agree Nor Disagree
44	Agree	Agree	Agree	Agree	Voltarol	Agree
52	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Deep Heat	Neither Agree Nor Disagree
54	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Ibuleve	Neither Agree Nor Disagree
56	Agree	Strongly Agree	Strongly Agree	Agree		Agree
% Strongly Agree	0.00%	3.85%	7.69%	0.00%	0.00%	3.85%
% Agree	30.77%	26.92%	23.08%	23.08%	0.00%	26.92%
% Neither Agree Nor Disagree	50.00%	53.85%	50.00%	46.15%	0.00%	53.85%
% Disagree	19.23%	15.38%	19.23%	30.77%	0.00%	15.38%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	30.77%	30.77%	30.77%	23.08%	0.00%	30.77%

APPENDIX 9 – CONTINUED

Sub No	Q14 After taking this product, I felt able to exercise for longer periods of time..	Q15 After taking this product, I felt able to return to activities that I previously avoided.	Q16 Is there anything about this product you like?	Q17 I feel my joints are stronger after taking this product.	Q18 Is there anything about this product you dislike?	Q19 The product was easy to include in my daily routine	Q20 The product was easy to swallow
5	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree		Agree	Agree
8	Agree	Agree	I felt a lot better in myself	Agree		Agree	Agree
9	Neither Agree Nor Disagree	Disagree		Neither Agree Nor Disagree	was expecting something but got nothing	Neither Agree Nor Disagree	Agree
10	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree		Agree	Agree
12	Agree	Agree		Agree		Agree	Agree
14	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree	did nothing for me	Agree	Agree
15	Agree	Agree	Good overall	Agree		Agree	Agree
18	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
19	Agree	Agree	I saw a difference	Agree	No difference	Agree	Agree
21	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Disagree	If anything my pain increased because I tried to exercise more	Agree	Agree
23	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree		Agree	Agree
24	Disagree	Disagree		Disagree		Agree	Agree
25	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Easy to take	Neither Agree Nor Disagree	wasn't for me	Agree	Agree
26	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree		Agree	Agree
27	Disagree	Disagree		Disagree		Agree	Agree
28	Agree	Agree		Agree		Agree	Agree
31	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree		Neither Agree Nor Disagree	Neither Agree Nor Disagree
32	Disagree	Disagree		Disagree	There was no difference	Agree	Agree
33	Agree	Agree	oved the whole study they wo	Agree		Strongly Agree	Strongly Agree
35	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree		Neither Agree Nor Disagree	Agree
37	Disagree	Disagree		Disagree	Might of worked for others but I saw/felt no difference	Agree	Agree
39	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
40	Neither Agree Nor Disagree	Disagree		Disagree		Agree	Agree
43	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree		Neither Agree Nor Disagree	Neither Agree Nor Disagree
44	Agree	Agree	really good	Agree		Agree	Agree
52	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree		Agree	Agree
54	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree	Didn't do anything	Agree	Agree
56	Agree	Agree	if it was good felt I could mov	Agree		Agree	Agree
% Strongly Agree	0.00%	0.00%	0.00%	0.00%		3.85%	3.85%
% Agree	30.77%	30.77%	0.00%	30.77%		80.77%	88.46%
% Neither Agree Nor Disagree	53.85%	46.15%	0.00%	46.15%		15.38%	7.69%
% Disagree	15.38%	23.08%	0.00%	23.08%		0.00%	0.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%		0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	30.77%	30.77%	0.00%	30.77%		84.62%	92.31%