Sigumir is a natural peptide complex extracted from the cartilage and bone tissues of young animals (calves no older than 12 months of age). Such peptides have beneficial effects on the cartilage and bone tissues, regulate the metabolism and functions of the spine and joints.

The joints and spine are our weak spot and more and more young people are having health problems related with them. Nowadays even 15 years old teenagers may feel back pains, one of the most common complaints. People over 30 are affected most of all, especially women who wear high-heeled shoes and men, who lift heavy things or whose job requires heavy physical activities. Another group at risk are athletes whose joints and spine are always overloaded from physical efforts.

Basically, Sigumir should be taken by people of all ages as it is an effective preventive measure against joint diseases, that are usually very difficult to treat. The fact is that the cartilaginous and bone tissues are very resistant and barely responding to corrective measures. It is easier to prevent this disease by taking one month course of 60 capsules twice a year than try to treat it. Even so, a moderate-intensity physical activity has to be done regularly. The problems with joints or spine always occur when people do not move enough or exercise too much.

Sigumir is worth taking if the joints and spine are already damaged due to various factors. A
60-90 days course in addition to a conventional treatment may significantly improve recovery and even cure the illness if it is in the initial stage. In case of more serious stages Sigumir can improve your conditions by easing the pain and making the joints more flexible.

**Purpose:**
- Arthritis
- Rheumatism
- Osteochondrosis
- Osteoporosis
- Gout

**Ingredients**

**Directions**
Adults: from 1 to 2 capsules, once or twice a day during food intake. Duration - 1 month.

**Form release:**
60 capsules of 0.2 g

**Production**
Scientific and Production Center of Revitalization and Health
St. Petersburg University of Bioregulation and Gerontology