

## What is Elk Velvet Antler?

Elk Velvet Antler is a nutritional supplement produced from the inner core of an elk's antler during the velvet stage of growth. When elk antler is "in velvet," it contains the highest levels of nutritional properties. It is humanely removed in early summer. Male elk grow a new set of antlers each year, which makes velvet antler an annual renewable resource.

Velvet antler is naturally made up of a variety of complex nutrients known to be important to good health including *protein (including all essential amino acids), collagen, lipids (all essential fatty acids including omega 3 and 6), glycosaminoglycans (contains high levels of chondroitin sulfate), growth hormones and growth factors*. It also contains many essential minerals and trace elements including *calcium, iron, potassium, magnesium and phosphorus*.

Velvet antler has been a fundamental medicinal ingredient in Traditional Chinese Medicine for over 2,000 years, second only to ginseng. It has been cited in historical medical texts from China and Korea as both a protective and curative tonic for the treatment of anemia, arthritis, impotence, dizziness, insomnia, wounds and pain. Velvet antler has also been used to make Lu jing, a Japanese medicine used to rejuvenate and provide added energy. In Russia, pantocrin, an alcohol-based extract made from velvet antler is used to increase athletic performance.

North American's are also now beginning to recognize the benefits of velvet antler as an effective anti-inflammatory agent for the treatment of arthritis and other inflammatory disorders. North American velvet antler users also report experiencing increased stamina and energy, improved immune system function, and accelerated healing from surgery and injury.

"I have had carpal tunnel syndrome in my wrists for a number of years. My wrists would fall asleep while writing, driving a vehicle or using carpentry tools. After using the elk antler for a period of about two months my hand and wrists do not fall asleep anymore and I do not need surgery. It's a very good product."

-Ross, Cleveland, ND

"Just a note to let you know what great results I have had taking elk velvet antler capsules. I started taking them several years ago before I had shoulder surgery to remove bone chips. I had been taking EVA for about one year. The way that I healed after the surgery even amazed my doctor and today there are virtually no scars. Since then I have been diagnosed with no cartilage left in my shoulder and they have wanted to replace it for several years. However I stepped up my capsules to five per day and after a year the pain has subsided and I go with out surgery. I would never give up my EVA, and I have several friends that feel the same way."

-Larry, Princeton, MN

"... when we first heard about the wonderful results individuals were supposedly receiving with Elk Antler pills, Marlow and I both thought that it was too good to be true. At the time Marlow was experiencing terrible pain in his right arm joint to the extent that he could not sleep due to the pain and I was suffering with lower back pains so we decided to try the pills. We honestly both feel 100% better. Marlow's pain in his elbow is gone and I once again can walk without having sharp pains in my lower back. Thanks,"

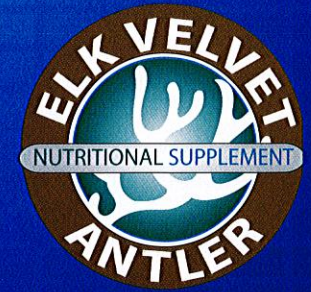
-S&M Werth, Lehr, ND

## Where can I Purchase It?

For more information about velvet antler nutritional supplements or where to purchase them, visit [www.mneba.org](http://www.mneba.org) or call the Minnesota Elk Breeders Association at 320-543-3664.

## Other Resources

The Remarkable Healing Power of Velvet Antler, B. Kamen & P. Kamen (1999). Novato, CA



Natural,  
Safe,  
Effective  
Pain Relief

- Also Promotes Energy & Stamina -



[www.mneba.org](http://www.mneba.org)





## Velvet Antler and Arthritis

Millions of North Americans suffer from the debilitating pain of osteoarthritis, rheumatoid arthritis and other joint disorders. Unfortunately, anti-inflammatory drugs commonly prescribed to treat these conditions are exhibiting potentially dangerous, even life-threatening side effects! Thus, many arthritis sufferers are now seeking natural product alternatives to find relief.

Velvet antler has been scientifically substantiated by research and clinical studies, in compliance with FDA regulations "to support healthy joint structure and function" resulting from both osteoarthritis and rheumatoid arthritis. Velvet antler has achieved this status because of the significant presence of chondroitin sulfate and collagen naturally found in velvet antler.

### OSTEOARTHRITIS RELIEF

**Chondroitin Sulfate:** Velvet antler contains significant amounts of chondroitin sulfate. Numerous studies have shown that chondroitin sulfate is a very potent anti-inflammatory agent which is often used by arthritis sufferers with positive results.

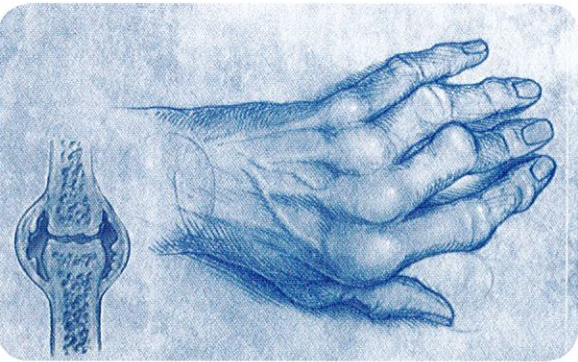
**IGF-I:** Velvet antler also contains several growth factors, with significant levels of insulin-like growth factor (IGF-I). The presence of IGF-I along with other related co-factors and growth hormone precursors, further encourages absorption of chondroitin sulfate in the body. A study at Oxford University showed that IGF-I promoted muscular development, prevented muscle breakdown and slowed the deteriorating effects of aging.

**Prostaglandins:** Prostaglandins, naturally found in velvet antler, have been shown to reduce swelling associated with arthritis and injury, infection and pain.



## RHEUMATOID ARTHRITIS

**Collagen:** Most of the collagen in velvet antler is collagen type II with type I also present in lesser amounts. Collagen type II has been used with some success in both experimental animal and human studies to treat some types of rheumatoid arthritis. Research is now underway at the University of Calgary and the University of Alberta to determine the effectiveness of velvet antler on rheumatoid arthritis. Previous studies have suggested that collagen type II and other compounds naturally found in velvet antler may be effective in relieving rheumatoid arthritis symptoms.

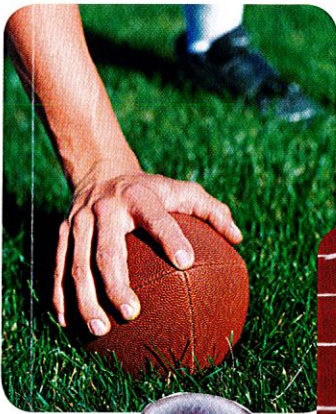


"I'm 80 years old and have had very bad rheumatoid arthritis. After taking velvet antler, I was able to cut my medication back by more than 75% and feel much better and have a lot of energy. Now I'm traveling and playing the piano again."

-Bonnie, Denver, CO

"I work as an auto-mechanic and was beginning to get arthritis in my fingers and stiff knees. I now take 4 -5 velvet antler capsules per day and don't notice the soreness or stiffness anymore in either my hands or knees. I can tell when I don't take them."

-Chuck, Long Prairie, MN



## Velvet Antler and Athletes

Velvet antler has been shown in numerous studies to have several performance-enhancing effects for athletes. Studies conducted in Russia and New Zealand have shown enhanced muscle composition, endurance and recovery time results. A recent study of American weight lifters conducted at Benedictine University further validated these findings. At the end of the study, weight lifters that had been taking velvet antler had greater aerobic capacity, less muscle damage, and greater strength and stamina.

"I started running marathons in 1993. Typically before a big race as I begin to train harder, I would experience increased knee, joint and muscle pain. Almost a year ago, I began taking 750 mg velvet antler per day. Since that time, I have not experienced joint pain and muscle aches have been minor to non-existent. My overall efficiency and running times have gotten better even though I am getting older. I'm also not as fatigued the rest of the day!"

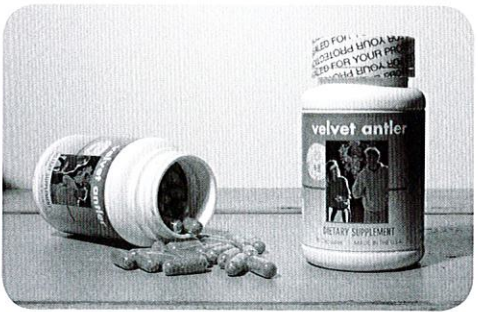
-Paul, LaCrescent, MN

"I play for the St. Louis Rams NFL Football Team. After shoulder surgery, I was to be out for most of the season but by taking velvet antler, it took me less than a third of the time anticipated to heal. I was able to play much sooner than expected and have noticed more endurance during workouts."

-Scott Zimmerman, St. Louis, MO

## Velvet Antler as a Nutritional Supplement

The fact that velvet antler has been used for over 2,000 years to treat a wide variety of conditions does not mean it is a miracle cure. However, many health-related problems result from nutritional deficiencies. The wide variety of nutrients naturally found in velvet antler address many of these imbalances safely and effectively, without the side effects of commonly prescribed drugs.



"Three years ago, my doctor recommended that I have my right knee replaced. I also suffered from arthritis pain and severe pain and burning in my legs and feet from neuropathy. I couldn't sleep at night because of the pain. I began to experience side effects from my neuropathy medication so I went off that and began taking 1,000 mg velvet antler per day. The burning is gone, the pain has lessened a great deal, and I can sleep at night. Since taking velvet antler, my knee does not bother me like it used to and it does not grind anymore."

-Marge, Nowthen, MN