



# SCP-II Relevant Human Studies and Equivalent Dose Breakdown

**SCP-II Complex (2018) Specifications:**  
**>40% Natural Undenatured Salmon Type II Collagen**  
**>35% Natural Undenatured Salmon Proteoglycan**

Distributed by:



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Study on Efficacy	Test Item	Dose in Study	Equivalent SCP-II (2018) Dose
Effect of Taking Salmon Nasal Cartilage Extract on Knee Joint Pain (Kuriyama et al 2016)	SCP-II (2016): 40% type II collagen + 30% proteoglycan	50mg SCP-II (2016) = 20mg Type II Collagen 15mg Proteoglycan	<b>50mg SCP-II (2018) = 20mg Type II Collagen 17.5mg Proteoglycan</b>
Usefulness of the Supplement Containing Proteoglycan for Japanese Healthy People feeling Knee Discomfort (Najima et al 2016)	Proteoglycan	10mg Proteoglycan	<b>30mg SCP-II = 10.5mg Proteoglycan 12mg Type II Collagen</b>
Efficacy of Dietary Supplement Containing Proteoglycan Extracted from Salmon Nasal Cartilage on Knee Uncomfortableness in Healthy Volunteers (Kuriyama et al 2017)	Proteoglycan	5mg Proteoglycan	<b>15mg SCP-II = 5.25mg Proteoglycan 6mg Type II Collagen</b>
Ingestion of Salmon Nasal Cartilage-Derived Proteoglycan Improves Skin Condition: A Randomized, Double-Blind, Controlled Study (Takahashi et al 2015)	Proteoglycan	5mg Proteoglycan	<b>15mg SCP-II = 5.25mg Proteoglycan 6mg Type II Collagen</b>
Efficacy and Tolerability of an Undenatured Type II Collagen Supplement in Modulating Knee Osteoarthritis Symptoms: a Multicenter Randomized, Double-blind, Placebo-controlled Study (Lugo et al 2016)	Type II Collagen	40mg UC-II = 10mg Type II Collagen	<b>25mg SCP-II = 10mg Type II Collagen 8.75mg Proteoglycan</b>
Undenatured Type II Collagen for Joint Support: a Randomized, Double-blind, Placebo-controlled Study in Healthy Volunteers (Lugo et al 2013)	Type II Collagen	40mg UC-II = 10mg Type II Collagen	<b>25mg SCP-II = 10mg Type II Collagen 8.75mg Proteoglycan</b>

The lowest dose of SCP-II that would account for both an efficacious dose of undenatured Type II Collagen and undenatured Proteoglycan, according to the current published studies, would be **25mg SCP-II (10mg Type II Collagen, 8.75mg Proteoglycan)**.