

Press release

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Holzminden, December 9, 2025

Science meets wellbeing — Chondractiv™ Move by Symrise shows clinical results for joint health in active women aged 40+

- Four-in-one solution from hydrolyzed chicken cartilage and rosehip
- Backed by market insights, clinical evidence and significant results
- Targeted for perimenopausal and menopausal women with an active lifestyle

Symrise announces significant clinical study results within its portfolio of Health Active Solutions: Chondractiv™ Move, a four-in-one collagen-based solution for joint health and mobility has been clinically demonstrated to support menopausal women in their active lifestyle. It offers a natural, science-backed, and unique composition for brands seeking to formulate nutraceutical products supporting women's health and healthy aging.

To address the rising market of menopausal women, and to strengthen its collagen range, Symrise has launched Chondractiv™ Move. It has now also conducted a proprietary clinical study that showed significant results. This four-in-one natural, and proven solution supports physical exercise and active lifestyles. Symrise introduced the solution earlier this year at the Vitafoods Europe tradeshow in Barcelona, Spain, and at SupplySide Global taking place in Las Vegas, United States.

The innovative combination of hydrolyzed chicken cartilage and patented rosehip extract features collagen type II, chondroitin sulfate, hyaluronic acid, and polyphenols. It supports women aged 40+ looking for regular healthy joint maintenance and early prevention of joint discomfort. The solution is designed for food supplements and functional foods and beverages.

Support by scientific data

Chondractiv™ Move demonstrated positive effects on the population the most impacted by activity-related joint discomfort/pain: women over 40. This group includes active women, working mothers, fitness beginners, those in sport recovery, and women in peri-menopausal transition.

At the cellular level, Chondractiv™ Move acted on synovial cells by increasing components of cartilage and decreasing the levels of cartilage-degrading enzymes. Eight weeks of supplementation with a low daily dose of 1.58g of Chondractiv™ Move induced a significant decrease in pain related to physical activity in daily life. The earliest positive results were measured between the second and the third week of supplementation.

According to Lionel Noah, PhD Healthy Aging Sr Scientific Expert at Symrise, “the four-in-one solution provides a sustainable effect on joint structure by modulating cartilage and bone microenvironment, with evidence supported by in vitro results. We could objectively describe the magnitude of this effect as ‘large.’ Several other parameters help to confirm the observed benefit of Chondractiv™ Move for joint comfort and function” he concludes.

Symrise will present the findings during a webinar on December 9, titled “Active Menopausal Women: New Clinical Evidence in Joint Health”.

About Symrise:

Symrise is a global supplier of fragrances and flavors, cosmetic active ingredients as well as functional ingredients. Its customers include perfume, cosmetics, food and beverage manufacturers, the pharmaceutical industry and producers of dietary supplements and pet food.

With sales of around €5.0 billion in the 2024 financial year, the company is one of the world's leading providers. The Group, headquartered in Holzminden, Germany, has more than 100 locations in Europe, Africa and the Middle East, Asia, the USA, and Latin America.

Together with its customers, Symrise develops new ideas and market-ready concepts for products that form an indispensable part of everyday life. Economic success and corporate responsibility are inextricably linked.

Symrise – always inspiring more...

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