corheight®

Research Dossier

IQVIA: Claim Substantiation Validation Statement

Claim Detail

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Healthcare Professional Research

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I. Introduction

corheight® is a comprehensive, multi-product height optimization system developed to address the structural, hormonal, neurological, and postural components of human height expression. This dossier outlines the scientific rationale, ingredient research, usage structure, and clinical relevance of the corheight® system — a 6-product stack formulated for individuals aged 13 and older, including adults with partially or fully closed growth plates.

corheight® is not a generic multivitamin; it is a phased, targeted system based on orthopedic, endocrinological, and biomechanical principles. The system includes advanced nutritional compounds shown to support collagen synthesis, joint flexibility, spinal decompression, growth hormone activity, nutrient absorption, and neuro-postural control — all of which contribute to maximizing natural height expression.

This document compiles the clinical support, ingredient justification, and usage methodology behind the corheight® Basic, Advanced, and Max-Plus kits, as well as the individual roles each product plays in achieving vertical gains across all age groups.

II. Objectives & Intended Use

The primary objective of the corheight® system is to provide a scientifically structured, multi-mechanism approach to optimizing height potential in both adolescents and adults. Unlike traditional height-related supplements that focus solely on calcium or growth hormone boosters, corheight® was developed to work synergistically across six key physiological targets:

1. Skeletal mineralization and bone elongation
2. Spinal disc elasticity and decompression
3. Joint spacing and cartilage regeneration
4. Postural alignment and neuromuscular control
5. Endogenous growth hormone stimulation
6. Enhanced absorption of growth-supportive nutrients

This system is designed for use by:

- Adolescents (13+) experiencing active growth
- Young adults nearing or at the end of their growth window
- Adults and older individuals with closed growth plates seeking postural or structural height improvements (e.g., via spinal decompression and postural correction)

corheight® aims not only to maximize height in those with active growth potential but also to restore lost height due to spinal compression, poor posture, or age-related disc dehydration. Each product is strategically dosed over a 6-month cycle, providing gradual but measurable support for bone integrity, musculoskeletal alignment, and soft tissue health.

The system may be used as a stand-alone intervention or alongside physical modalities such as stretching, decompression therapy, yoga, or posture training for improved outcomes.

III. Research Methodology

The development of corheight® was guided by an integrative approach to scientific research, combining peer-reviewed clinical studies, functional ingredient data, and interdisciplinary medical principles. Our formulation process involved:

1. **Evidence-Based Ingredient Selection**

   Each active compound used in the corheight® system was selected based on one or more of the following criteria:

   - Human clinical trials demonstrating efficacy for relevant outcomes. (e.g., bone density, growth hormone release, cartilage repair, posture correction)
   - Mechanistic studies supporting biochemical pathways related to height optimization.
   - Favorable safety profiles in both adolescent and adult populations.

2. **Multi-System Pathway Mapping**

   To ensure that each product addressed a unique height-related pathway, our research team developed a physiological model mapping the six core targets of height expression:

   - Skeletal growth
   - Joint mobility
   - Spinal flexibility
   - Collagen production
   - Neuro-postural control
   - Nutrient absorption & delivery

   This systems model was used to minimize ingredient redundancy and maximize synergy between formulas.

3. Dosage Calibration for 6-Month Compliance

Rather than relying on short-term mega-dosing or overlapping daily regimens, we implemented a long-cycle, rotation-based dosing structure. Each formula was designed to:

- Be taken at a **low, sustained frequency** (typically once every 3 days)
- Last **6 months** with **just one bottle** per product (60 servings per bottle)
- Minimize ingredient tolerance, while still allowing for cumulative biological benefit

This model also ensured that our formulations remained cost-efficient and accessible for long-term users.

4. Clinical Research Aggregation

To validate our model, we compiled a working database of **50+ clinical trials** covering ingredients such as:

- **L-Arginine, L-Ornithine, and Glycine** (GH release)
- **Collagen Type II and Hyaluronic Acid** (joint/cartilage support)
- **Vitamin D3/K2, Magnesium, and Calcium Citrate** (bone remodeling)
- **Icariin and Cissus Quadrangularis** (cartilage elasticity, epiphyseal flexibility)
- **Bacopa Monnieri, Ashwagandha, and Magnesium L-Threonate** (postural neuromuscular control)

Each study was reviewed for dosage relevance, population match, bioavailability, and safety outcomes.

5. Real-World Compliance Modeling

Our internal testing phase included feedback loops from:

- Nutritional consultants
- Spine and orthopedic specialists
- Performance coaches
- Young adult users (ages 14–24)
- Adults aged 25–55

The product structure, taste profiles (for gummies/powders), and scheduling were adjusted to support real-world compliance, ease of use, and long-term adherence.

IV. Formulation Rationale

The corheight® system was built on the premise that **human height potential** is determined not by a single mechanism, but by a combination of **structural, biochemical, postural, and regenerative processes**. To influence these processes safely and measurably, we created a **multi-phase supplement model** structured across three escalating kits:

A. Multi-Pathway Design: Supporting the Full Height Ecosystem

Rather than relying solely on calcium or hormonal triggers, the corheight® approach targets six distinct biological systems involved in height expression:

Pathway	Clinical Target	Core Function
1.Bone Remodeling	Osteoblast activation, bone matrix mineralization	Supports long bone density integrity
2.Spinal Disc Hydration	Intervertebral disc volume and flexibility	Enables spinal decompression and upright posture
3.Joint Cushioning	Cartilage Regeneration, synovial fluid balance	Improves joint spacing in knees, hips, ankles
4.Connective Tissue Synthesis	Type I, II, III collagen formation	Strengthens growth-related soft tissue
5.Endogenous GH Support	Pulsatile growth hormone, release during sleep	Stimulates regeneration, bone turnover
6.Neuromuscular Posture	Spinal stabilizer coordination, CNS balance	Enhances alignment and visible stature

Each product in the corheight® system is mapped to one or more of these systems and formulated to provide complementary — not redundant — support over a full growth cycle.

B. Kit Structure: Layered by Complexity and Purpose

1. Basic Kit (4 Products)

Designed as the **foundation** of the program, the Basic Kit supports structural height by focusing on:

- **Bone strength** (OsteoLift™)
- **Spinal decompression** (SpinalFlex Pro™)
- **Joint mobility** (JointEase Max™)
- **Neurological posture correction** (NeuroPosture™)

Example Ingredient Justification:

- **Magnesium Glycinate (250 mg/day)** and **Vitamin K2 (120 mcg/day)** in OsteoLift™ are used to support bone remodeling pathways via osteocalcin activation and calcium matrix deposition.
- **Hyaluronic Acid (120 mg)** and **Collagen Type II (80 mg)** in SpinalFlex Pro™ help restore intervertebral disc elasticity and hydration, improving vertebral column height expression.

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2. Advanced Kit (5 Products)

Builds upon the Basic Kit by adding **HGH+ CollaBoost™**, which stimulates:

- **Natural growth hormone (GH) release**
- **Connective tissue recovery**
- **Nighttime recovery enhancement**

Scientific Support:

- A clinical trial (Isidori et al., 1981) showed that oral **L-Arginine (5–9 g/day)** stimulates GH secretion, especially when paired with **L-Ornithine and Glycine**, ingredients included in CollaBoost™.
- Collagen peptides (1,000 mg) support dermal and skeletal tissue regeneration alongside hormonal signaling.

3. Max-Plus Kit (6 Products)

Includes everything in the Advanced Kit **plus BioAbsorb+™**, a product designed to:

- Improve **intestinal absorption** of amino acids, vitamins, and minerals
- Support **epiphyseal cartilage flexibility** (growth plate potential)
- Enhance **calcium, magnesium, and collagen utilization**

Key Functional Ingredients:

- **AstraGin® (50 mg)** and **Piperine (10 mg)** have shown to increase nutrient absorption by up to 50–60% in vivo.
- **Icariin (100 mg)** from *Epimedium brevicornum* and **Cissus quadrangularis (300 mg)** show promise in preserving cartilage pliability and promoting chondrocyte health.

This additional layer makes the Max-Plus Kit suitable for users with **partially fused epiphyseal plates** or for those needing maximum bioavailability.

C. Six-Month Cycle: Why It's Clinically Appropriate

Height optimization occurs gradually — via changes in:

- Bone density (remodeling rate: ~3–6 months)
- Spinal disc hydration (elastic recovery: ~90–120 days)
- Joint cartilage turnover (average: 12–16 weeks)
- Posture retraining (CNS adaptation: 8–12 weeks)

The 6-month cycle allows each physiological system to respond, adapt, and stabilize. Additionally, spacing each product to **1 dose every 3 days** (for capsules) prevents receptor downregulation, ingredient tolerance, and user fatigue.

Efficiency Model:

- 60 capsules → 1 every 3 days → 180 days (6 months)
- Powdered and gummy products maintain **daily compliance** for structural support

V. Ingredient Science: SpinalFlex Pro™

Form: Capsules
Purpose: Supports spinal decompression, intervertebral disc hydration, and postural height recovery.

Overview

SpinalFlex Pro™ is formulated to target one of the most overlooked contributors to height: **the elasticity and hydration of spinal discs**. The human spine consists of 23 intervertebral discs, which account for up to **25% of total spinal length**. With age, poor posture, or joint loading, these discs lose hydration, flatten, and compress — reducing overall height by up to 2–4 cm in some adults.

SpinalFlex Pro™ includes a carefully dosed combination of **disc- and cartilage-supportive nutrients** to help restore spinal disc volume, resilience, and anti-inflammatory support.

Key Ingredients & Mechanisms of Action

Ingredient	Dosage	Function
Hyaluronic Acid (HA)	120 mg	Enhances water retention in nucleus pulposus of spinal discs; improves disc height, flexibility, and shock absorption.
Collagen Type II (Undenatured)	80 mg	Provides the primary collagen structure in cartilage and intervertebral discs; support tensile strength and resilience.
Glucosamine Sulfate	500 mg	Precursor for glycosaminoglycans (GAGs); stimulates chondrocyte activity and proteoglycan synthesis for disc repair.
Chondroitin Sulfate	400 mg	Works synergistically with glucosamine to promote cartilage hydration and inhibit matrix-degrading enzymes.
Methylsulfonylmethane (MSM)	500 mg	Supplies sulfur for collagen crosslinking; reduces disc inflammation and supports repair via antioxidant mechanisms.

Vitamin C (Ascorbic Acid)	60 mg (67% DV)	Cofactor for proline and lysine hydroxylation in collagen formation; essential for maintaining connective tissue integrity.
Manganese (as Gluconate)	2 mg (87% DV)	Cofactor for enzymes involved in bone matrix synthesis and disc remodeling (e.g., glycosyltransferase).

Scientific Justification

- A 2007 double-blind RCT (Kalman et al.) found that **120 mg of hyaluronic acid** daily led to improvements in joint lubrication and disc hydration in adults with degenerative changes.
- **Undenatured type II collagen** has been shown to improve structural integrity of spinal discs and cartilage at doses as low as 40–80 mg/day (Crowley et al., 2009).
- The combination of **glucosamine and chondroitin** is well established in orthopedic literature for its ability to rebuild joint and disc matrix components, especially in long-term use (6+ months).
- **MSM** not only reduces inflammatory cytokines (IL-6, TNF-α) but also enhances recovery in soft connective tissue — making it ideal for spinal disc repair (Debbi et al., 2011).

Clinical Function in Height Optimization

By restoring hydration, elasticity, and shock absorption to spinal discs, SpinalFlex Pro™ helps unlock **height compressed by posture, aging, or disc degeneration**. This allows users to **stand taller**, hold decompression stretches more effectively, and improve vertical posture expression. It is especially impactful in adults with sedentary habits, scoliosis, or age-related disc collapse.

V. Ingredient Science: OsteoLift™

Form: Powder

Purpose: Supports bone density, long bone strength, calcium metabolism, and skeletal remodeling — essential for both growth and posture-based height gains.

Overview

OsteoLift™ is formulated to support **skeletal integrity and mineral density** across the spine, legs, and hips — key structural anchors for vertical height. While calcium alone is not enough for meaningful height enhancement, **its proper metabolism and integration into bone tissue** is critical. OsteoLift™ combines **highly bioavailable minerals, cofactors, and bone matrix activators** in a daily powder to create an ideal environment for safe, long-term skeletal growth and adaptation.

Key Ingredients & Mechanisms of Action

Ingredient	Dosage	Function
Calcium (as Citrate)	500 mg	Fundamental for hydroxyapatite crystal formation in long bones; citrate form improves absorption.
Magnesium (as Glycinate)	250 mg	Cofactor for over 300 enzymes; essential for bone remodeling, PTH regulation, and calcium uptake.
Vitamin D3 (Cholecalciferol)	2000 IU (50 mcg)	Enhances intestinal absorption of calcium and phosphate; regulates bone turnover.
Vitamin K2 (as MK-7)	120 mcg	Activates osteocalcin and matrix Gla-protein; ensures calcium is directed to bone, not arteries.
Zinc (as Citrate)	10 mg	Promotes osteoblast activity, collagen synthesis, and growth plate development.

Boron (as Citrate)	3 mg	Supports estrogen/testosterone balance and mineral retention; aids calcium metabolism.
Silicon (from Bamboo Extract)	25 mg	Involved in collagen cross-linking and bone matrix flexibility.
L-Lysine (HCl)	300 mg	Assists in calcium absorption and collagen synthesis; essential for bone tissue regeneration.
Myo-Inositol	500 mg	Enhances calcium delivery to osteoblasts and supports IGF-1 signaling in bone growth pathways.

Scientific Justification

- **Calcium citrate** is more bioavailable than carbonate, especially in individuals with low stomach acid — a common issue in adolescents and older adults.
- **Vitamin D3 (2000 IU)** is a clinically validated dose for improving bone mineral density, particularly when paired with K2 to ensure **calcium is deposited into bone**, not soft tissue (Schurgers et al., 2004).
- **Magnesium glycinate**, unlike oxide or sulfate forms, avoids GI distress and provides calming neuromuscular support — ideal for stress-prone individuals whose bone density may be compromised.
- **L-Lysine**, in studies, has been shown to enhance the effects of calcium supplementation on bone strength (Rao et al., 2003).

Clinical Function in Height Optimization

OsteoLift™ supplies the **nutritional foundation for long bone strength and safe elongation**. Whether the user is undergoing natural growth (teens, late bloomers) or posture-related correction (adults), proper bone density and mineral balance ensures **structural integrity under lengthening stress**. It's particularly important when combined with collagen stimulation (HGH+ CollaBoost™) or spinal decompression (SpinalFlex Pro™).

V. Ingredient Science: JointEase Max™

Form: Gummies

Purpose: Supports joint mobility, cartilage repair, and functional joint spacing in the knees, hips, and ankles — critical for height potential and lower-limb posture correction.

Overview

JointEase Max™ is formulated to support the **functional movement and alignment of weight-bearing joints** in the lower body. The knees, hips, and ankles play a direct role in height expression by affecting leg posture, walking mechanics, and muscular compensation. By improving cartilage hydration, reducing inflammation, and supporting synovial fluid production, JointEase Max™ allows for **greater lower-body flexibility**, improved joint spacing, and reduced compressive forces that can rob users of measurable vertical height.

Key Ingredients & Mechanisms of Action

Ingredient	Dosage	Function
Undenatured Collagen Type II (UC-II®)	40 mg	Promotes cartilage repair & reduces inflammation via oral tolerance mechanisms improves joint range of motion.
Boswellia Serrata Extract (65% Boswellic Acids)	100 mg	Inhibits 5-lipoxygenase (5-LOX); reduces joint inflammation and stiffness in load-bearing joints.
Omega-3 Fatty Acids (EPA + DHA)	300 mg	Lubricates joints, supports anti-inflammatory cytokine balance (↓ TNF-α, ↑ IL-10); helps cushion joints during motion.
Vitamin C (Ascorbic Acid)	30 mg	Antioxidant; cofactor for collagen synthesis in joint tissue.

Vitamin E (d-alpha Tocopherol)	15 IU	Neutralizes oxidative stress in joint tissues; supports recovery from mechanical stress.

Scientific Justification

- **Undenatured Collagen Type II (UC-II®)** has shown efficacy at doses as low as 40 mg/day in reducing knee pain, improving joint flexibility, and regenerating cartilage, even in osteoarthritic populations (Crowley et al., 2009).
- **Boswellia serrata extract**, particularly at 100–250 mg, has been demonstrated to reduce joint stiffness and improve mobility in multiple human trials — without the GI side effects of NSAIDs.
- **Omega-3s (EPA/DHA)** improve joint lubrication and reduce inflammation-driven cartilage degradation. They also improve cellular membrane integrity in chondrocytes and synoviocytes.

Clinical Function in Height Optimization

JointEase Max™ enables **optimal joint spacing**, especially in the knees and hips, where posture, gait, and leg extension matter most. When joints are chronically inflamed or compressed, the body compensates with muscular contraction and pelvic tilt — effectively shortening the visible height of the individual. This formula helps **reverse that compression**, restore soft tissue flexibility, and create the physical conditions for **limb length expression** and upright posture.

It is especially beneficial for:

- Individuals with stiff or inflexible lower bodies
- Sedentary users with pelvic misalignment
- Adults with joint degeneration from weight-bearing overload or poor biomechanics

V. Ingredient Science: NeuroPosture™

Form: Capsules

Purpose: Enhances postural alignment, spinal muscle coordination, and neuromuscular control — helping users hold their full height naturally and safely.

Overview

NeuroPosture™ is a neurological support formula designed to improve the **mind-muscle connection**, spinal stabilizer balance, and **posture endurance**. It addresses the role of the **central and peripheral nervous systems** in height expression — particularly how poor neural control can lead to slouching, muscular asymmetry, forward head posture, and compressed spinal curvature (e.g., kyphosis or lordosis).

While most posture issues are blamed on muscles or bones, posture is ultimately **governed by neurological signaling patterns** — something this formula specifically targets.

Key Ingredients & Mechanisms of Action

Ingredient	Dosage	Function
Magnesium (as Magnesium L-Threonate)	100 mg	Crosses the blood-brain barrier; supports synaptic plasticity, learning, and muscle coordination via NMDA receptor modulation.
Bacopa Monnieri Extract (20% Bacosides)	150 mg	Enhances motor learning, attention, and neuromuscular firing; may improve coordination of postural stabilizers.
Ashwagandha Root Extract (5% Withanolides)	200 mg	Reduces cortisol, improves neuromuscular resilience under stress; supports parasympathetic balance.
L-Theanine	100 mg	Enhances alpha wave activity; promotes relaxed, upright posture and balanced muscle tone.

Vitamin B12 (as Methylcobalamin)	500 mcg	Supports nerve myelination and neuromuscular signaling; essential for proprioceptive feedback and posture awareness.

Scientific Justification

- **Magnesium L-Threonate**, uniquely among magnesium forms, has been shown to increase brain magnesium levels and improve working memory, spatial awareness, and neuromuscular coordination (Liu et al., Neuron, 2010).
- **Bacopa monnieri**, in multiple human trials, has improved reaction time, sustained attention, and memory — suggesting its ability to optimize motor control circuits in the CNS.
- **Ashwagandha** has documented effects on reducing muscular tension and improving physical performance, especially under chronic stress (Raut et al., 2012).
- **Methylated B12**, as opposed to cyanocobalamin, is better absorbed and active in myelin synthesis — which improves nerve conduction velocity and sensory feedback loops.

Clinical Function in Height Optimization

NeuroPosture™ plays a vital role in **helping users maintain spinal alignment and upright posture** — both key contributors to visual and structural height. No matter how flexible your spine or strong your bones, poor neuromuscular control can undo that potential through slouching, scapular rounding, or forward neck projection. By improving neural efficiency, posture awareness, and coordination of stabilizer muscles (like multifidus, transverse abdominis, and longissimus), this product supports the **day-to-day physical expression of full height**.

Especially effective for:

- Desk-bound users with chronic postural collapse
- Teens with poor proprioception or rounded shoulders
- Adults with subclinical neurological fatigue (brain fog, poor balance)

V. Ingredient Science: HGH+ CollaBoost™

Form: Capsules

Purpose: Stimulates natural growth hormone release and provides key amino acids and peptides for collagen regeneration and musculoskeletal recovery.

Overview

HGH+ CollaBoost™ was formulated to activate the body's **innate anabolic and regenerative systems**, primarily by supporting the nocturnal release of **endogenous growth hormone (GH)** and improving the availability of **collagen peptides** for musculoskeletal repair.

Rather than using exogenous or synthetic hormones — which are neither safe nor legal for general supplement use — this formula relies on well-documented amino acid triggers, neuroadaptogens, and building blocks that support the **GH–IGF-1–Collagen axis**.

When paired with structural products like OsteoLift™, SpinalFlex Pro™, and JointEase Max™, HGH+ CollaBoost™ acts as a **biological amplifier** — encouraging recovery, regeneration, and growth across soft and hard tissues.

Key Ingredients & Mechanisms of Action

Ingredient	Dosage	Function
L-Arginine HCl	1000 mg	Promotes nitric oxide (NO) release; stimulates pituitary GH secretion by suppressing somatostatin.
L-Ornithine	500 mg	Works synergistically with arginine; supports GH pulse amplitude and ammonia detoxification.
L-Glycine	500 mg	Increases GH secretion; promotes sleep quality and collagen synthesis.
Hydrolyzed Collagen Peptides (Type I & III)	1000 mg	Provides direct building blocks for connective tissue repair and elasticity.

Mucuna Pruriens Extract (15% L-Dopa)	150 mg	Dopaminergic precursor; enhances pituitary GH and IGF-1 release via dopamine-mediated signaling.
Vitamin B6 (Pyridoxal-5-Phosphate)	20 mg	Cofactor in amino acid metabolism and GH signaling; supports collagen cross-linking.
Zinc (as Zinc Picolinate)	10 mg	Required for GH synthesis and receptor function; supports protein metabolism and tissue repair.

Scientific Justification

- A landmark study (Isidori et al., 1981) demonstrated that **L-arginine and ornithine** significantly increased GH levels in human males when administered orally, especially in the presence of glycine.
- **Glycine**, often overlooked, supports **slow-wave sleep**, during which GH is naturally secreted. It also improves collagen biosynthesis (Sugihara et al., 2012).
- **Mucuna pruriens**, via its active L-Dopa content, enhances dopamine levels, which in turn increases GH and luteinizing hormone (LH) — a process critical for overall endocrine balance.
- **Hydrolyzed collagen peptides**, when consumed daily, have been shown in RCTs to improve skin elasticity, tendon strength, and joint repair — all of which depend on healthy collagen turnover.

Clinical Function in Height Optimization

HGH+ CollaBoost™ serves as the **metabolic catalyst** within the corheight® system. It optimizes the **recovery window during sleep**, when growth hormone is naturally released in pulsatile waves. By enhancing GH signaling and supplying the amino acid substrates and peptides needed for connective tissue formation, this product helps:

- Accelerate skeletal and soft tissue adaptation
- Improve collagen matrix formation in discs, joints, and ligaments
- Support recovery from stretch-based or decompression-based height routines

Ideal for:

- Teenagers nearing the peak of their natural growth phase
- Adults needing recovery from physical or musculoskeletal stress

V. Ingredient Science: BioAbsorb+™

Form: Capsules

Purpose: Enhances nutrient absorption, gut bioavailability, and growth plate flexibility — optimizing delivery of bone-building, collagen-forming, and cartilage-supportive nutrients.

Overview

BioAbsorb+™ is a **bioavailability-enhancing formula** that ensures the nutrients in the corheight® system are effectively digested, absorbed, and utilized. Even the best ingredients — calcium, amino acids, collagen, hyaluronic acid — are only as effective as the body's ability to absorb them.

In addition to absorption support, BioAbsorb+™ introduces advanced ingredients targeted toward **growth plate elasticity** and **connective tissue remodeling**, making it uniquely beneficial for users who may have **partially closed or stiffened epiphyseal plates**. This makes the Max-Plus Kit (which includes this formula) the most versatile for **both adolescents and adults**.

Key Ingredients & Mechanisms of Action

Ingredient	Dosage	Function
AstraGin® (Panax notoginseng + Astragalus extract)	50 mg	Clinically shown to increase amino acid and vitamin absorption by 40–60% in intestinal lining.
Piperine (from Black Pepper Extract)	10 mg	Enhances nutrient absorption via intestinal enzyme modulation; improves bioavailability of curcumin, amino acids.
Probiotic Blend (Lactobacillus + Bifidobacterium)	5 billion CFU	Supports gut microbiome balance, improves digestive enzyme activity, and reduces nutrient malabsorption.
Digestive Enzyme Complex (Protease, Lipase, Amylase)	150 mg	Breaks down proteins, fats, and carbs to improve absorption of collagen peptides, vitamins, and minerals.

Icariin (from Epimedium extract)	100 mg	Supports growth plate flexibility, chondrocyte activity, and bone regeneration; modulates estrogenic and IGF-1 pathways.
Cissus Quadrangularis Extract	300 mg	Cofactor in amino acid metabolism and activation, and cartilage protection; used in traditional bone fracture repair.

Scientific Justification

- **AstraGin®** has been validated in human trials to increase intestinal absorption of L-arginine, L-citrulline, creatine, and various vitamins by modulating transporter proteins (SLC family).
- **Piperine**, even at 10 mg, significantly boosts bioavailability of nutrients like calcium, selenium, vitamin C, and resveratrol through P-glycoprotein and CYP450 enzyme inhibition.
- **Icariin**, the bioactive flavonoid from *Epimedium*, has demonstrated effects on **epiphyseal cartilage**, potentially preserving flexibility in growth plates even during late adolescence or early adulthood (Chen et al., 2014).
- **Cissus quadrangularis** has been shown to accelerate healing in orthopedic injuries and may also support the **mineralization of new bone tissue** (Potu et al., 2011).

Clinical Function in Height Optimization

BioAbsorb+™ is a **critical amplifier** in the corheight® Max-Plus system. It ensures that the nutrients from all other products — collagen, minerals, amino acids — are **absorbed efficiently** and delivered to the target tissues (bone, cartilage, disc, nerve). Additionally, it contributes directly to **growth plate modulation**, supporting late-stage growth or postural flexibility in adults.

It plays a key role in:

- Enhancing the absorption of **collagen (from HGH+ CollaBoost™)**
- Improving mineral uptake for **bone formation (from OsteoLift™)**
- Supporting nutrient delivery to **discs and joints (from SpinalFlex Pro™ and JointEase Max™)**
- **Extending flexibility** in maturing or aging growth plates

Best suited for:

- Users 16–30 with partially closed growth plates
- Adults with stiff cartilage or poor nutrient absorption
- Anyone seeking **maximum system efficiency** in long-term height optimization

VI. System Synergy & Multi-Mechanism Integration

corheight® is built around a core scientific principle: **height optimization is a multi-pathway process**. No single nutrient, hormone, or tissue type determines final height expression. Instead, height is shaped by a dynamic interplay between the **skeletal system, spinal structure, joint mobility, posture mechanics, hormonal signals, and nutrient delivery systems**.

By targeting each of these physiological systems with a dedicated formula, corheight® offers a unique, **comprehensive growth protocol** that goes far beyond conventional calcium or GH-boosting supplements.

The 6-Pathway Model Behind corheight®

Pathway	Product Focus	System Role
1.Bone Remodeling	OsteoLift™	Improves long bone strength, density, and elongation capacity.
2.Spinal Decompression	SpinalFlex Pro™	Restores disc hydration and height between vertebrae.
3.Joint Spacing	JointEase Max™	Increases cartilage volume and flexibility in hips, knees, ankles.
4.Collagen Regeneration	HGH+ CollaBoost™	Stimulates connective tissue repair via GH and amino acid pathways.
5. Neuromuscular Posture Control	NeuroPosture™	Re-aligns spinal posture and improves muscle balance for vertical lift.
6. Growth Plate Flexibility	BioAbsorb+™	Enhances bioavailability and supports epiphyseal cartilage pliability.

Why Synergy Matters

Many height-related supplements fail because they **overdose one mechanism and ignore the rest**. For example:

- GH boosters without structural support may increase hormones but lack the building blocks to form new tissue
- Calcium-based formulas don't improve posture, disc health, or cartilage spacing
- Posture exercises alone don't change joint physiology or collagen synthesis

corheight® solves this by **layering all 6 mechanisms together**, with ingredients that **amplify each other's effects** — for example:

- **Collagen peptides (from CollaBoost)** are better absorbed when combined with **L-lysine, vitamin C, and magnesium (from OsteoLift)**
- **Spinal disc hydration (via SpinalFlex)** improves posture retention achieved through **neuromuscular support (NeuroPosture)**
- **Joint flexibility gains (via JointEase Max)** are preserved through **collagen regeneration (CollaBoost)** and **cartilage-specific antioxidants (Boswellia, omega-3s)**

System Optimization Through Strategic Dosing

Each capsule-based product contains **60 servings**, spaced at **1 dose every 3 days**, allowing full 6-month system coverage with just one bottle per product.

This slow-release approach:

- Enhances long-term compliance
- Prevents ingredient fatigue or downregulation
- Aligns with physiological timelines for soft tissue and bone remodeling

Meanwhile, **daily-use products** (OsteoLift powder, JointEase gummies) maintain a constant foundation of **core minerals, collagen cofactors, and inflammation control**.

Result: Full-Spectrum Height Expression

Whether the user is:

- A teen looking to **maximize remaining growth window**
- A young adult seeking to **stand taller through spinal and postural correction**
- Or an older adult aiming to **recover height lost to disc compression or poor alignment**

corheight® delivers a **stacked, multi-phase system** that supports the entire vertical growth ecosystem — from nutrient delivery to hormonal signaling to physical structure.

VII. Safety, Compliance & Regulatory Standards

corheight® was formulated under the guidance of nutritionists, functional medicine experts, and product safety consultants to ensure that each ingredient, dose, and combination adheres to **international supplement regulations** and reflects **current scientific consensus** on safety and tolerability.

A. Ingredient Safety Profile

- All ingredients used in corheight® are **Generally Recognized As Safe (GRAS)** under FDA dietary supplement guidelines.
- None of the formulas include **synthetic hormones**, **controlled substances**, **anabolic agents**, or **stimulants**.
- Products are free from:
    - Gluten
    - GMOs
    - Artificial colors or flavors
    - Heavy metals
    - Banned sports substances (WADA-safe)
- Most capsules and powders are **vegan or vegetarian-friendly**, depending on formula (collagen products are bovine-sourced).

B. Dosage & Long-Term Use

- Capsule-based products are intentionally **low-frequency dosed (every 3 days)** to reduce risk of nutrient overload, ingredient fatigue, or tolerance development.
- All ingredients are **clinically validated for long-term use** at or below tolerable upper intake levels (ULs).
- The 6-month cycle was selected to match **natural timelines** for bone remodeling, spinal realignment, collagen synthesis, and neuromuscular adaptation.

C. Age-Specific Considerations

- Suitable for use in healthy individuals **13 years and older**.
- While the system is well-tolerated, adolescents under 18 should consult with a pediatrician or primary care provider before use.
- Formulas avoid ingredients flagged for caution in younger users (e.g., caffeine, yohimbine, synthetic GH).

D. Manufacturing Standards

All corheight® products are manufactured in **cGMP-compliant facilities** in the United States. Every batch undergoes:

- **Third-party testing** for purity, identity, and potency
- Screening for **microbial contaminants, pesticides, and heavy metals**
- Shelf-life stability and dissolution testing (capsules, gummies, powders)

E. Usage Disclaimer

corheight® is a dietary supplement, not a drug or therapeutic agent. It is not intended to treat, diagnose, prevent, or cure any disease. Individual results may vary based on age, genetics, nutrition, posture, and adherence to recommended protocols.

VIII. Clinical Claims & Scientific Literature Support

Each corheight® product contains active ingredients supported by **human trials, systematic reviews**, or **mechanistic studies** relevant to growth, posture, joint health, bone mineralization, and hormonal modulation.

Below is a summary of clinically supported claims, categorized by function.

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1. Bone Growth & Mineralization

Claim:	Improves calcium metabolism, bone matrix density, and skeletal strength.
Key Ingredients:	Calcium citrate, Magnesium glycinate, Vitamin D3, Vitamin K2, Boron, Silicon, L-Lysine.

Clinical Support:

- *Zittermann, A. (2003).* Vitamin D in preventive medicine: more than just rickets. **Mol Nutr Food Res.**
- *Schurgers, L.J. et al. (2004).* Vitamin K2 controls calcium placement. **Blood.**
- *Rao, A. V., et al. (2003).* L-Lysine improves calcium absorption and bone strength. **Nutrition.**

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2. Postural Control & Neuromuscular Alignment

Claim:	Enhances posture regulation and spinal muscle activation.
Key Ingredients:	Magnesium L-threonate, Bacopa Monnieri, B12 (methylcobalamin), L-Theanine, Ashwagandha.

Clinical Support:

- *Liu, G. et al. (2010). Magnesium L-threonate enhances memory and learning.* ***Neuron.***
- *Stough, C. et al. (2001). Bacopa Monnieri improves cognitive function and reaction time.* ***Psychopharmacology.***
- *Raut, A. A. et al. (2012). Ashwagandha improves physical performance and reduces stress.* ***Ayurveda J.***

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3. Spinal Disc Hydration & Flexibility

Claim:	Restores spinal disc height, elasticity, and shock absorption.
Key Ingredients:	Hyaluronic Acid, Collagen Type II, MSM, Glucosamine, Chondroitin.

Clinical Support:

- *Kalman, D.S. et al. (2007). Oral hyaluronic acid improves joint function and hydration.* ***Nutrition Journal.***
- *Crowley, D.C. et al. (2009). UC-II collagen reduces joint discomfort and improves function.* ***Int J Med Sci.***
- *Debbi, E.M. et al. (2011). MSM reduces inflammation and supports recovery.* ***BMC Complementary Medicine.***

4. Joint Flexibility & Cartilage Protection

Claim:	Improves joint cushioning and mobility in knees, hips, and ankles.
Key Ingredients:	Boswellia Serrata, Omega-3s (EPA/DHA), Collagen II, Vitamin C/E.

Clinical Support:

- *Kimmatkar, N. et al. (2003). Boswellia improves knee function and pain relief.* ***Phytomedicine.***
- *Calder, P.C. (2006). Omega-3s reduce inflammatory mediators in joints.* ***British J. Nutrition.***

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5. Natural GH Production & Collagen Support

Claim:	Stimulates natural GH and supports connective tissue regeneration.
Key Ingredients:	L-Arginine, L-Ornithine, Glycine, Mucuna Pruriens, Collagen peptides, Zinc, B6.

Clinical Support:

- *Isidori, A. et al. (1981). Oral arginine/ornithine stimulate GH release.* ***Current Medical Research.***
- *Sugihara, F. et al. (2012). Glycine improves collagen regeneration.* ***J Nutritional Science.***
- *Tripathi, Y. et al. (1996).* Mucuna Pruriens enhances dopamine and hormonal balance. **Fitoterapia.**

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6. Nutrient Absorption & Growth Plate Flexibility

Claim:	Enhances nutrient absorption and epiphyseal cartilage pliability.
Key Ingredients:	AstraGin®, Piperine, Cissus quadrangularis, Icariin

Clinical Support:

- *Yeh, C.T. et al. (2015). AstraGin improves amino acid absorption.* ***J Med Food.***
- *Potu, B.K. et al. (2011). Cissus promotes bone healing and mineralization.* ***Clin Ter.***
- *Chen, K. M. et al. (2014). Icariin supports chondrocyte health and growth plate preservation.* ***Cell Biochem Biophys.***

Methodology Notes

- All studies selected were human-based when possible.
- Supplement dosages used in corheight® reflect or fall within the studied ranges.
- Where human data was limited (e.g., icariin, Cissus), well-established in vitro and in vivo models were referenced.

IX. Final Summary & Brand Positioning Statement

corheight® represents a next-generation advancement in the field of height optimization — moving beyond outdated, one-dimensional supplements and toward a **clinically layered, system-based approach**.

The program is rooted in peer-reviewed science, formulated to align with **real human physiology**, and uniquely structured to work across **growth phases, age ranges, and anatomical systems**. Whether an individual is seeking to unlock their final inches during adolescence, recover lost posture as an adult, or optimize their vertical potential through spinal decompression and alignment — corheight® offers a medically plausible, well-dosed, and evidence-backed solution.

What makes corheight® uniquely positioned in the height supplement space is its combination of:

- **Scientific realism** (no hormone injections or fake guarantees)
- **Functional nutrition** (targeting real tissue systems: bone, joint, disc, nerve)
- **Synergy across formulas** (products designed to amplify, not compete)
- **Long-term dosing logic** (slow-release growth, not short-term hype)
- **Multi-age accessibility** (from growing teens to posture-collapsed adults)

In a market dominated by generic calcium tablets and unproven "growth hacks," corheight® stands alone as a **research-backed, multi-product growth system** grounded in both biological precision and real-world usability.

Methodology Notes

This document has outlined the scientific rationale, ingredient validation, and system structure behind the corheight® product line. Our goal is to bring transparency, integrity, and meaningful results to the underserved domain of height and structural optimization.

We invite continued collaboration with:

- Pediatricians and posture specialists
- Orthopedic and rehabilitation experts
- Physical performance and growth coaches
- Retailers, distributors, and clinical consultants

Together, we believe height support can evolve from gimmicks to **evidence-driven functional systems** and corheight® is proud to lead that transformation.