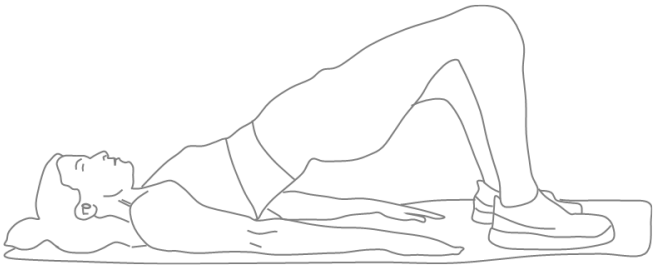
Efficacy of a Food Supplement Based on Collagen and Magnesium Combined with Pelvic Floor Muscle Training Exercises in Women with Urinary Incontinence: A Double-Blind, Randomized, Pilot Clinical Trial

Vincenzo Nobile, Roberta Villa, Mariella Micieli, Fabio Amone, Erminia D'Ambrosio, Giuseppe Pulitano, Camilla Schinzari, Eleonora Di Campi and Davide Carati

1 SUPINE BRIDGE

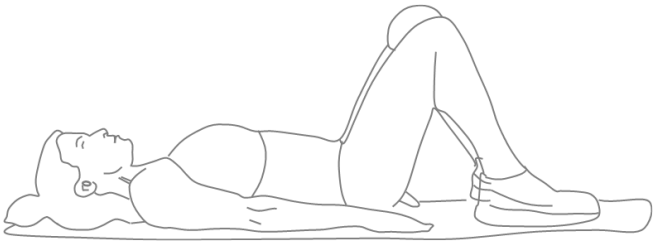


Perform 10-15 repetitions for 2-3 sets.

Perform the exercise with knees bent at a 90° angle, feet flat on the ground and arms resting alongside the body.

- Inhale and push through the heels, lifting the pelvis and contracting the gluteus muscles for 2-3 seconds.
- Exhale while lowering the pelvis back down, relaxing the glute muscles.

2 PELVIC MUSCLE ACTIVATION

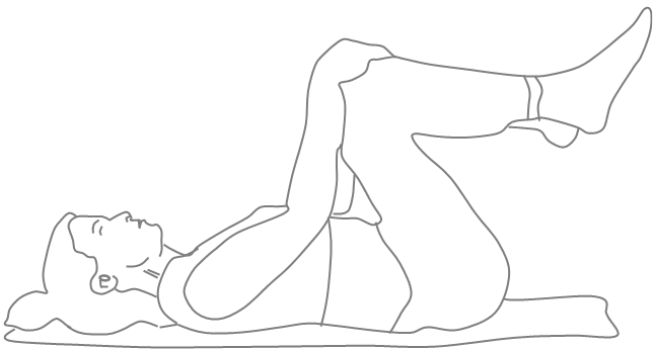


Perform 10-15 repetitions for 2-3 sets.

In a supine position, with legs bent at 90° and feet resting on the ground.

- Perform contractions by engaging the pelvic muscles and adductors, squeezing a miniball between your knees.
- During exhalation, return to the starting position, relaxing the previously contracted muscles.

3 REVERSE KEGEL IN SUPINE POSITION

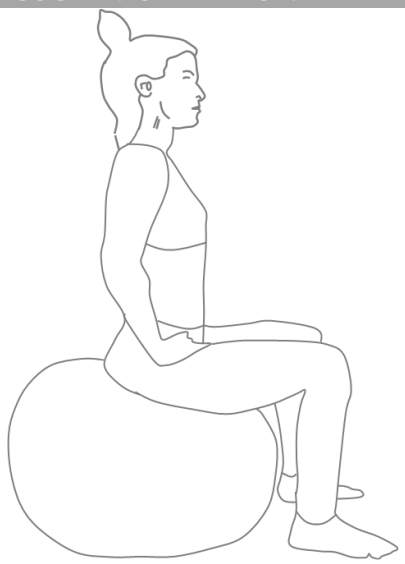


Repeat 3-4 times.

In a supine position, with legs bent at 90° and feet resting on air.

- Contract the perineum for about 2-3 seconds.
- Relax the perineum while taking a deep inhalation for at least 2-3 seconds.

4 PELVIC MUSCLE MOBILITY ON FITBALL



Perform 10-15 repetitions for 2-3 sets.

Sit on a fitball with feet flat on the ground and back straight. Perform small tilting movements, focusing on moving only the pelvis in the following directions:

- Right and left
- Forward and backward
- Clockwise and counterclockwise rotation.

Figure S1. Instructions for performing Kegel exercises to strengthen pelvic floor muscles.

Efficacy of a Food Supplement Based on Collagen and Magnesium Combined with Pelvic Floor Muscle Training Exercises in Women with Urinary Incontinence: A Double-Blind, Randomized, Pilot Clinical Trial

Vincenzo Nobile, Roberta Villa, Mariella Micieli, Fabio Amone, Erminia D'Ambrosio, Giuseppe Pulitano, Camilla Schinzari, Eleonora Di Campi and Davide Carati

Table S1. Template for the Questionnaire on Urinary Incontinence Diagnosis (QUID) [1,2].

Do you leak urine (even small drops), wet yourself, or wet your pads or undergarments...	**None of the time**	**Rarely**	**Once in a while**	**Often**	**Most of the time**	**All of the time**
1. when you **cough** or **sneeze**?	☐	☐	☐	☐	☐	☐
2. when you **bend down** or **lift something up**?	☐	☐	☐	☐	☐	☐
3. when you **walk quickly**, **jog** or **exercise**?	☐	☐	☐	☐	☐	☐
4. while you are **undressing** in order to use the **toilet**?	☐	☐	☐	☐	☐	☐
5. Do you get such a **strong and uncomfortable need** to urinate that you leak urine (even small drops) or wet yourself before reaching the toilet?	☐	☐	☐	☐	☐	☐
6. Do you have to **rush to the bathroom** because you get a **sudden**, **strong need to urinate**?	☐	☐	☐	☐	☐	☐

Scoring:

Each item scores 0 (None of the time), 1 (Rarely), 2 (Once in a while), 3 (Often), 4 (Most of the time) or 5 (All of the time). Responses to items 1, 2 and 3 are summed for the Stress score; and responses to items 4, 5, and 6 are summed for the Urge score.

References

1. Bradley, C.S.; Rovner, E.S.; Morgan, M.A.; Berlin, M.; Novi, J.M.; Shea, J.A.; Arya, L.A. A New Questionnaire for Urinary Incontinence Diagnosis in Women: Development and Testing. *Am. J. Obstet. Gynecol.* **2005**, *192*, 66–73. https://doi.org/10.1016/j.ajog.2004.07.037.
2. Bradley, C.S.; Rahn, D.D.; Nygaard, I.E.; Barber, M.D.; Nager, C.W.; Kenton, K.S.; Siddiqui, N.Y.; Abel, R.B.; Spino, C.; Richter, H.E. The Questionnaire for Urinary Incontinence Diagnosis (QUID): Validity and Responsiveness to Change in Women Undergoing Non-Surgical Therapies for Treatment of Stress Predominant Urinary Incontinence. *Neurourol. Urodyn.* **2010**, *29*, 727–734. https://doi.org/10.1002/nau.20818.

Efficacy of a Food Supplement Based on Collagen and Magnesium Combined with Pelvic Floor Muscle Training Exercises in Women with Urinary Incontinence: A Double-Blind, Randomized, Pilot Clinical Trial

Vincenzo Nobile, Roberta Villa, Mariella Micieli, Fabio Amone, Erminia D'Ambrosio, Giuseppe Pulitano, Camilla Schinzari, Eleonora Di Campi and Davide Carati

Table S2. Template for the Quality of Life (QoL) Questionnaire.

		Not at all										Maximum discomfort
No.	Item	0	1	2	3	4	5	6	7	8	9	10
01	Urine leakage makes me feel limited in physical activities (jogging, jumping, exercise routine…)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
02	Urine leakage makes me feel restricted in social activities (going to restaurants, cinema…)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
03	Urine leakage affects my interpersonal relationships and interactions	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
04	Urine leakage affects my activities outside the home (going shopping, running errands…)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
05	Urine leakage affects my ability to carry out normal daily activities at home (cooking, cleaning, etc)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
06	Urine leakage affects my productivity at work or in other areas of my life	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
07	Urine leakage affects my ability to travel	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
08	I'm stressed because of urine leakage	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
09	I'm sad because of urine leakage	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
10	I'm embarrassed about leaking urine in public or in intimate situations	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐