

Joint Health Research



A natural mineral supplement provides relief from knee osteoarthritis symptoms: a randomized controlled pilot trial

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Osteoarthritis (OA) affects millions of people worldwide. However, despite extensive research the exact biochemical cause of OA remains unknown. Current treatments for OA while providing some relief from symptoms are suboptimal and have many side-effects. This study investigated the potential for a natural supplement, Aquamin, to alleviate OA symptoms.

Study Detail

- 70 subjects with moderate to severe osteoarthritis of the knee
- 12 week duration. Double-blind, randomised, placebo-controlled, parallel group study
- Test articles: Placebo, vs Aquamin F vs Glucosamine Sulphate (GS):vs Aquamin F + GS.

Measurements

- WOMAC Scores [pain, stiffness, activities & composite (total scores)]
- 6 minute walking distance (6MWD)

Results:

- 50 subjects completed the protocol.
- Aquamin showed significant improvements for all WOMAC parameters
- GS showed significant improvements for pain, activities and composite scores but not stiffness
- Aquamin showed greater improvement in 6MWD than GS. Figure 1

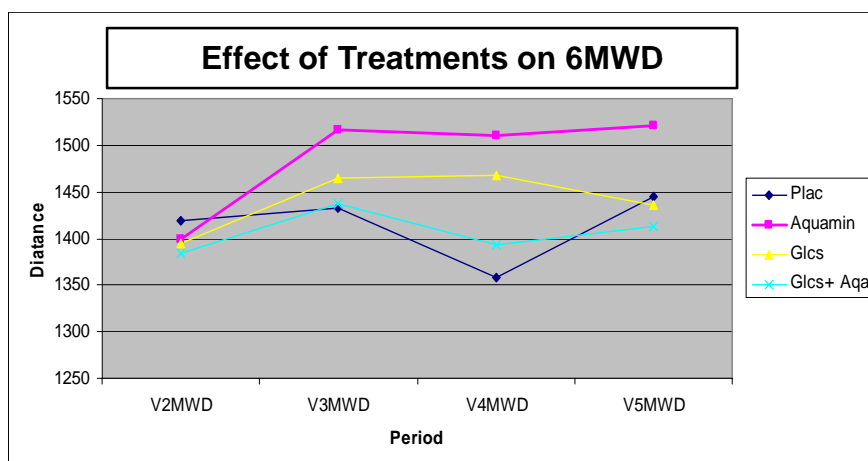


Figure 1: This demonstrates the improvement in walking distance over a 12 week period on each of the 4 treatments. The most beneficial effects are seen with Aquamin F (pink).