

EVALUATION OF A DIETARY SUPPLEMENT ON JOINT PAIN WITH THE ADDITION OF A GEL

FINAL REPORT

SILAIE

PEC11012 Protocol

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## 1. Aim of the study

To demonstrate the efficacy of a dietary supplement with the addition of a gel on improving mobility , comfort and ease joint movement in subjects presenting discomfort at knees , elbows , shoulders or hands for 6 weeks.

## Two . methodology

They have recruited 30 subjects with joint complaints . 10 subjects suffering discomfort in knees , 10 and 10 hands at the shoulder and elbow .

All subjects have completed the study.

Inclusion criteria were: healthy subjects 50 to 74 years inclusive, with joint discomfort .

Each of the subjects made two visits to Biofortis with 6 weeks apart . The subjects answered the questionnaire on quality computer life , types of joint pain and overall satisfaction questionnaire , by Dreisler Index ( that you can see the activity of arthritic disease of the joints) .

The product type is tested food supplement G5 Siliplant 1000 ml and external application Orgono gel Gel 150 ml .

The decision was 60 ml per day of pure Siliplant G5 twice- morning and noon . Orgono was applied twice daily to massage until complete penetration.

The clinical phase of the study was carried out from May 9 to July 4, 2011 .

- Importance of discomfort due to joint problems .

In the first and last visit was the following question to the volunteers :

How would you define the discomfort caused by joint pain in your daily life?

Subjects had to respond indicating a mark on a visual analogue scale VAS from 0 ( no discomfort ) to 100 (very large) .

After the results were compared between the response before making the goods and after such decision , at the end of the study.

A decrease in the discomfort has been reported in all subgroups , between 7 and 33 points. In the total global population there has been a decrease in discomfort 20 .

- Intensity of discomfort induced joint pain

In the first and last visit was the following question to the volunteers :

What is the intensity of your discomfort or joint tenderness ( artrestesia ) in your daily life ? .

Subjects had to respond indicating a mark on a visual analogue scale VAS from 0 ( no discomfort ) to 100 (very large) .

A decrease in the discomfort has been reported in all subgroups , between 11.2 and 34.3 . In the total global population there has been a 25.2 decrease discomfort .

- Less things accomplished

In the first and last visit was the following question to the volunteers :

Because of their discomfort or joint sensitivity ( artrestesia ) in your daily life ? Fails to make fewer things that you would like ?

Subjects had to indicate YES or NO answer .

A favorable evolution has been reported in all subgroups. In the first visit, a 73.33 % of the population could do less things you wish and on the second visit only 3.33% declared to have that limitation.

- Failure to perform certain activities

In the first and last visit was the following question to the volunteers :

Because of their discomfort or joint sensitivity ( artrestesia ) in their daily lives , are forced to stop doing certain activities because of these annoyances ?

Subjects had to indicate YES or NO answer .

A favorable evolution has been reported in all subgroups.

In the first visit, a 73.33 % of the population were forced to stop certain activities because of joint discomfort while in the second visit within 60 days of making the products only 13.33% of those people saw in that obligation.

- Reduction of working time

In the first and last visit was the following question to the volunteers :

Because of their discomfort or joint tenderness in your daily life , have you ever been forced to reduce the time spent at work because of this trouble ?

A favorable evolution has been reported in all subgroups.

At the first visit 50% stated that their work is regularly absent due to joint discomfort and second only 3.33% was forced to miss work .

- Resumption of activities

On the last visit the following question was put to the volunteers :

Because of their discomfort or joint sensitivity ( artrestesia ) in their daily lives , have been reset due to cease activities that trouble , after making products?

A favorable evolution has been reported in all subgroups.

30% of participants in the study have declared to restart certain activities once had to stop because of joint discomfort .

- Intensity of joint stiffness

In the first and last visit was the following question to the volunteers :

Overall, after the last visit What is the intensity of joint stiffness in your daily life ?

Subjects had to respond indicating a mark on a visual analogue scale VAS from 0 ( zero ) to 100 (very large) .

A favorable evolution has been reported in all subgroups. The intensity of the stiffness generally decreased almost 19 points. In the subgroup ' knees ' this figure has risen to 38 %

- Sleep Quality

In the first and last visit was the following question to the volunteers :

Overall, due to their joint problems How would you rate the quality of your sleep ?

Subjects had to respond indicating a mark on a visual analogue scale VAS from 0 ( bad ) to 100 (very good).

There has been a favorable evolution in sleep quality between 12.3 to 23.8 which indicates an average improvement of 16.4 Sleep

- Move the joints

On the last visit the following question was put to the volunteers :

Since the beginning of the study , has been able to move , extend your joints more than before?

The possible answers were ' not at all ' , 'slightly ' , ' moderately ' , ' very ' and ' extremely ' .

A favorable evolution has been reported in all subgroups.

A majority of subjects , 87% of participants in the study have stated more easily able to move your joints than before the study.

- Decreased joint discomfort

On the last visit the following question was put to the volunteers :

Since the beginning of the study , have you noticed a decrease in joint discomfort ?

The possible answers were ' not at all ' , 'slightly ' , ' moderately ' , ' very ' and ' extremely ' .

A favorable evolution has been reported in all subgroups.

A majority of subjects , 77% of participants in the study have reported a decrease in pain in your joints compared to before the study.

- Improved quality of life

On the last visit the following question was put to the volunteers :

Overall, since the start of the study , have you noticed an improvement in their quality of life ?

The possible answers were ' not at all ' , 'slightly ' , ' moderately ' , ' very ' and ' extremely ' .

A favorable evolution has been reported in all subgroups.

A majority of the subjects, 83.33 % of the participants in the study have reported an improvement in their quality of life compared to before the study.

- Upgrading from the first use

On the last visit the following question was put to the volunteers :

Overall, since the start of the study , have you noticed your relief joint discomfort from the first use of the product ?

The possible answers were 'YES' and ' NO' .

A favorable outcome has been reported in all subgroups.

A 13.33% of the global population has seen a joint discomfort relief since their first use.

- Period of time to notice improvement level results

On the last visit the following question was put to the volunteers :

After ? Noticed how long a first relief from joint discomfort from the first use of the product ?

The possible answers were 'one day' and ' three days ', ' seven days ', or ' less than one day or over a week ' .

Overall a majority favorable outcome has been reported after more than a week of use , 57% . A 13% improvement has meaning after one week, 13 % after 3 days , 7% after one day and 10% in less than one day.

- Disappearance total joint discomfort

On the last visit the following question was put to the volunteers :

Does your joint discomfort has disappeared since the beginning of the study?

The possible answers were ' Yes' and 'No' .

50% of the subgroup elbow and back and declare that they have no discomfort in the joint , having disappeared completely in six weeks .

40% of the subgroup knee and declare that they have no discomfort in the joint , having disappeared completely in six weeks .

Overall one third of the subjects declared no longer have any joint pain at the end of the study.

- Product Issues SILICIUM G5 Siliplant

80% of the participants said that the taste of the product is unsatisfactory. 97 % say that the smell is satisfactory. 97% found the product easy to use.

A 73.33 % of users call him a satisfactory

- Product Issues ORGONO GEL

97 % of users considered appropriate gel texture , 100 % think the gel color right and 96 % think it is easy to apply. 100 % say they have not observed eruptions after application and also 100 % consider it practical in their use and 80 % consider it satisfactory .

Most recommend it and reused it would buy .

conclusion

The association of a dietary supplement and a gel used in the course of this trial seems to be an interesting approach to help with the discomfort and joint tenderness. This study has shown an improvement in welfare and other factors of quality of life in patients participating in this study. No problem of tolerance has been highlighted over six weeks follow up. The subjects are mostly happy with the product .

Interesting conclusions :

Have been reduced in all subgroups the importance and intensity of joint discomfort .

77% of participants noticed a decrease in pain in your joints at the end of Siliplant G5 making more organic silicon gel , after six weeks.

All subgroups were able to perform activities once again could not do because of the hassles . 70% of participants are in that case.

There was a significant improvement in sleep quality in all subgroups.

87% of the participants were able to move the affected joints more easily than before making the products.

A 83.33 % of the participants have gained a better overall quality of life after treatment.

13.33% of patients have noticed an improvement since the first application. 57% of the individuals studied have noticed the improvement after more than a week of using the gel along with the beverage product .

50% of people suffering from arthritis in elbow and shoulder and declare that they have no discomfort in the joint after treatment , having disappeared completely in six weeks .

About 40% of affected knee and declare that they have no discomfort in the joint , having disappeared completely in six weeks . Overall one third of the subjects declared no longer have any joint pain at the end of the study.