

Health Bulletin

Improving Knee Function And Joint Mobility

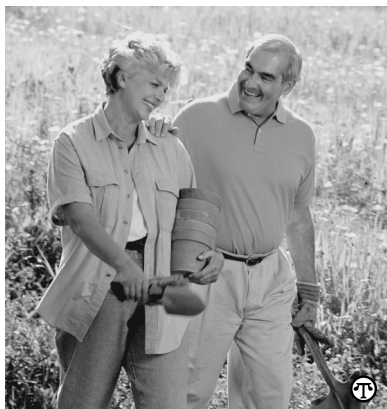
(NAPSA)—Research to help alleviate joint pain has taken a giant step forward, as indicated by a recent study that showed a significant increase in walking ability among people with knee discomfort.

The study reported that after eight weeks of taking a daily 894-mg. capsule of Celadrin (a special blend of fatty acids), average walking ability increased 45 percent and participants claimed a 35 percent decrease in knee discomfort. These improvements were significantly better than the results seen in the placebo group, and no negative side effects were found throughout the entire study.

"This study demonstrates that, after two weeks, subjects showed significant enhancement of their functional ability with progressive improvement continuing through the end of the eight-week study," said Jay Udani, M.D., medical director of Medicus Research and director of the Integrative Medicine Program at Northridge Hospital.

The randomized study evaluated 93 participants over a period of 60 days. Subjects, ranging from 40 to 86 years of age, were evaluated before the medication was administered and again after two, four and eight weeks. During each evaluation, participants were asked to walk for six minutes to measure how far they could travel with their knee discomfort.

Participants were able to walk an average distance of 1,183 feet



A nutritional supplement has been found to increase walking ability in people with knee discomfort and joint pain.

when they started the study. After only two weeks, the average walking distance increased by about 19 percent, or approximately 232 feet. The participants continued to improve throughout the study period and, after eight weeks, they walked an average distance of 1,720 feet—45 percent more than when they had started.

A previous study on the efficacy of Celadrin-based cream published in *The Journal of Rheumatology* in 2004 stated that patients reported significant relief in joint pain after only 30 minutes of application—benefits that continued to improve over time with daily use of the product.

To learn more, visit www.celadrininfo.com or call 519-647-2071.