

Health Trends

Topical Cream Top Choice For Joint Pain [®]

(NAPSA)—While many people start their day by taking vitamins and supplements to keep in good health or relieve an ailment, the treatment of choice for joint pain may be a cream.

A recent poll conducted by PKS Research for SmartScience Laboratories found that more people, age 40-plus, would rather rub on a cream (44 percent) than take pills (40 percent) to relieve joint pain.

Results of a clinical study published in the March 2003 *Journal of Rheumatology* show benefits of controlling osteoarthritis pain through the use of a topical cream preparation containing the active ingredient camphor, as well as glucosamine and chondroitin sulfate for skin conditioning, sold commercially as JointFlex[®] Pain Relieving Cream in the U.S.

The pain relief obtained by the JointFlex group was twice that of the placebo group. Plus, a vast majority obtained gradually and continually improving pain relief, results consistent with previous studies conducted with orally administered glucosamine and chondroitin sulfate.

According to the study author, Marc Cohen, M.D., Ph.D., RMIT University, Melbourne, Australia, "This product effectively targets osteoarthritic knee pain and provides immediate pain relief along with long-term improvement of pain with continued use."

"While we didn't prove that the long-term improvement in pain relief was due to the glucosamine and chondroitin, that could be the case. More research will be done to confirm this," says Dr. Cohen, "since the cream may provide a more effectively targeted method of delivery."

For more information, visit www.jointflex.com.