

**HYBEN VITAL® REDUCES PAIN, STIFFNESS AND
INFLAMMATORY MARKERS AND IMPROVES
GENERAL WELL-BEING IN PATIENTS
SUFFERING FROM OSTEOARTHRISIS.**

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AIM

The study aimed to test whether Hyben Vital[®], a standardized natural remedy made from a special subtype of Rose-hip (*Rosa canina*) would reduce the pain and stiffness of osteoarthrotic joints, and to evaluate if a possible reduction in symptoms was followed by a change in quality of life parameters and the consumption of paracetamol.

METHODS

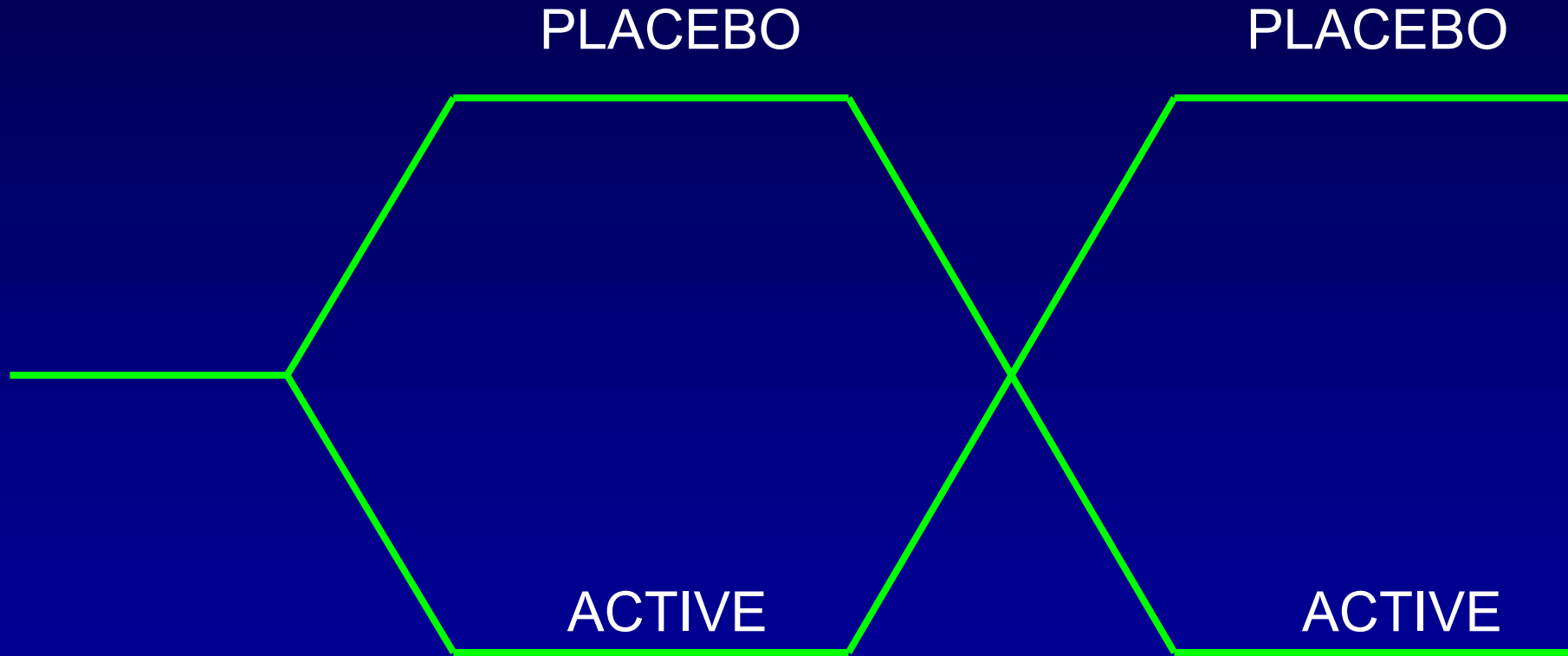
Stiffness and pain relief was estimated by the patient on a scale from 0 (no impact) to 4 (total relief of symptoms). Quality of life parameters were estimated using a diary, in which the patients noted their personal evaluation of mood, general well-being and sleeping quality. The diary was also used for the registration of the consumption of rescue medication including paracetamol. C-reactive protein was estimated using normal laboratory routine.

PATIENTS AND DESIGN

A total of 112 patients with osteoarthritis of the hip, knee, neck or wrist were randomly allocated to treatment with either Hyben Vital[®] or placebo for three months. The study was a double-blind crossover.

Group A received 10 placebo capsules daily for 3 months and then immediately switched to identical capsules ,with Hyben Vital[®] for 3 months (5 g. daily), and vice versa with Group B.

Flow Chart

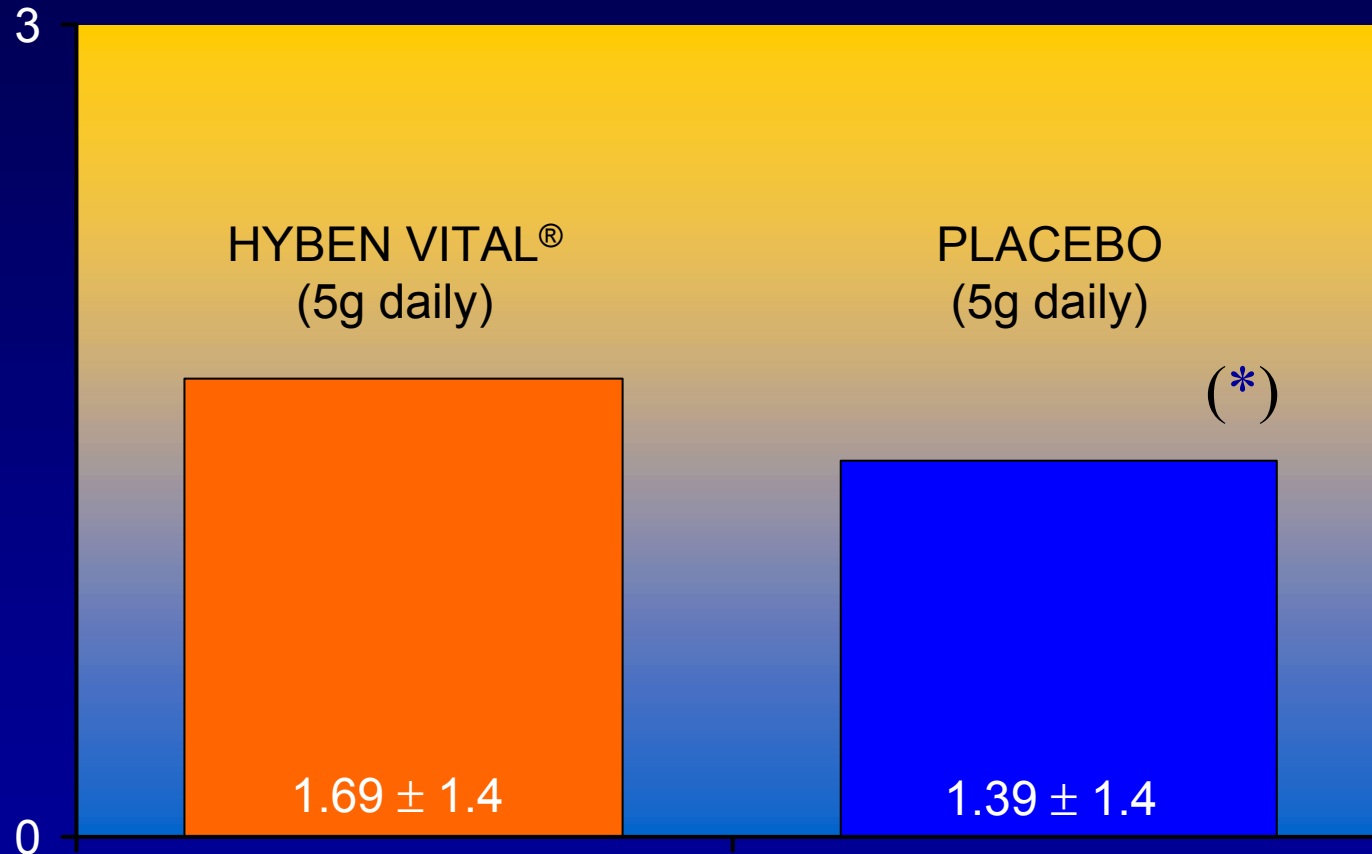


THE IMPACT OF HYBEN VITAL[®] AND PLACEBO ON PAIN

(n=81)

Total relief of pain

Reduction of Pain

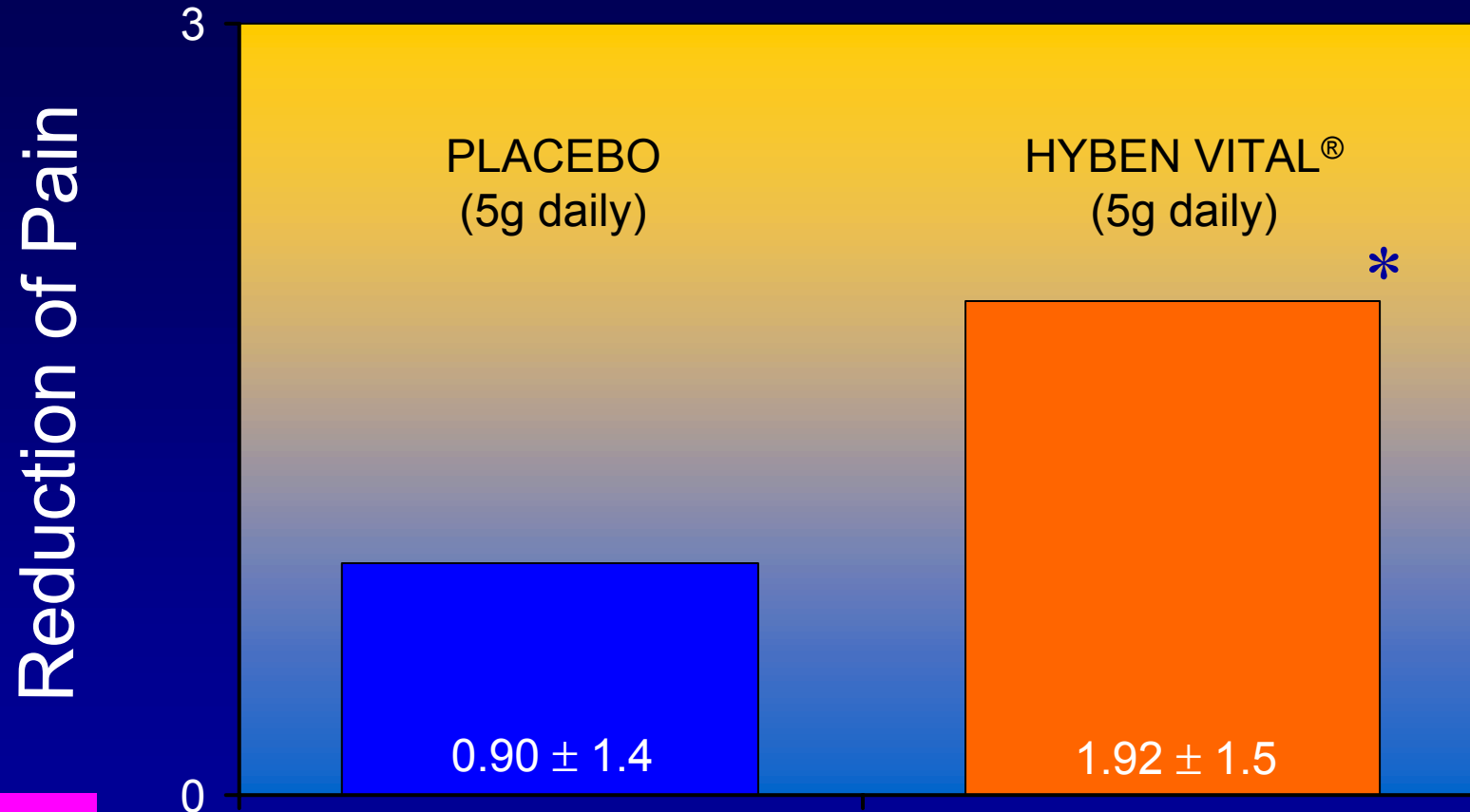


No impact

Pain tended to decline during Hyben Vital[®] treatment (*p<0.0991)

REDUCTION OF PAIN IN PATIENTS WHERE PLACEBO WAS GIVEN BEFORE HYBEN VITAL[®] (n=41)

Total relief of pain



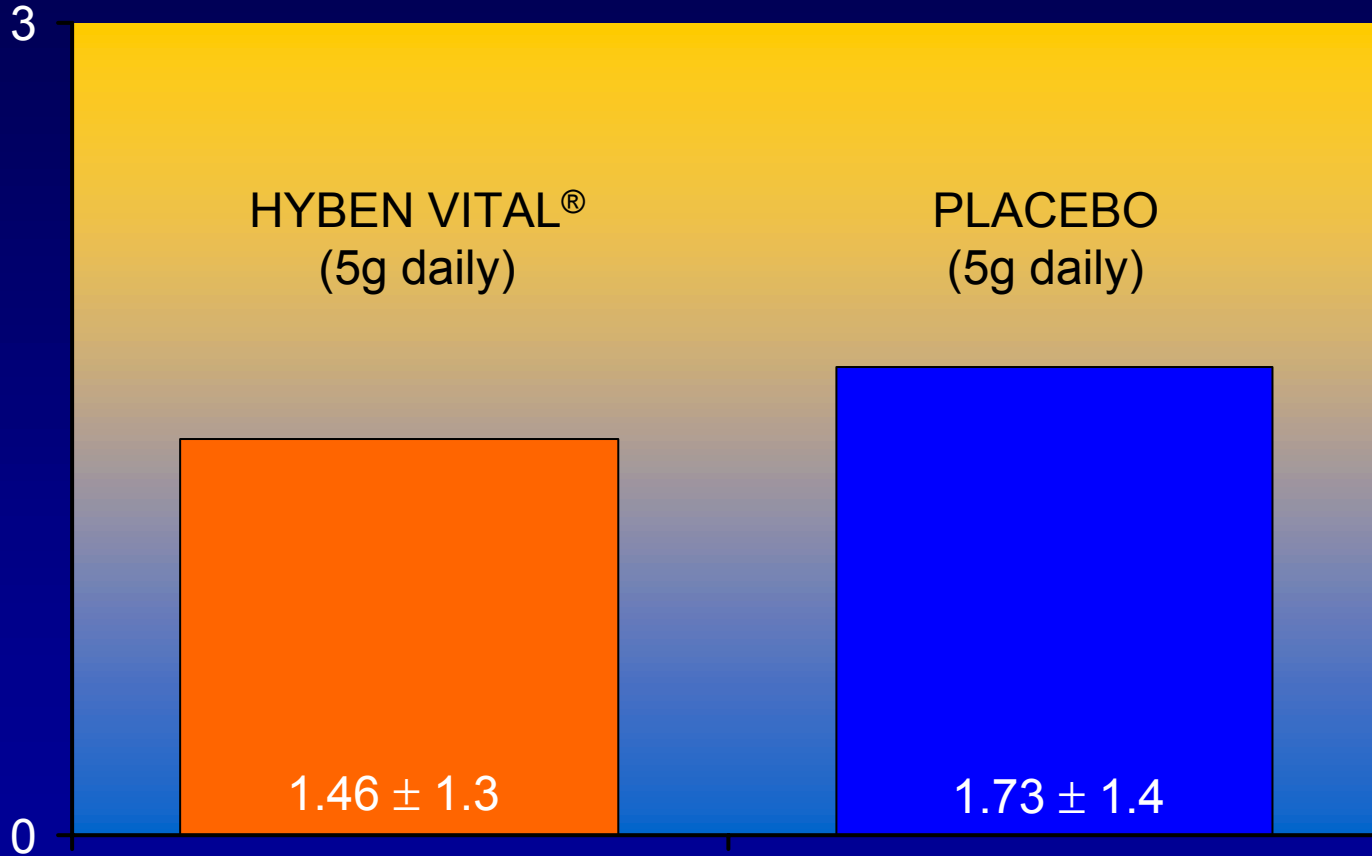
No impact

During Hyben Vital[®] treatment pain significantly declined (*p<0.0033)

REDUCTION OF PAIN IN PATIENTS WHERE HYBEN VITAL[®] WAS GIVEN BEFORE PLACEBO (n=40)

Total relief of pain

Reduction of Pain



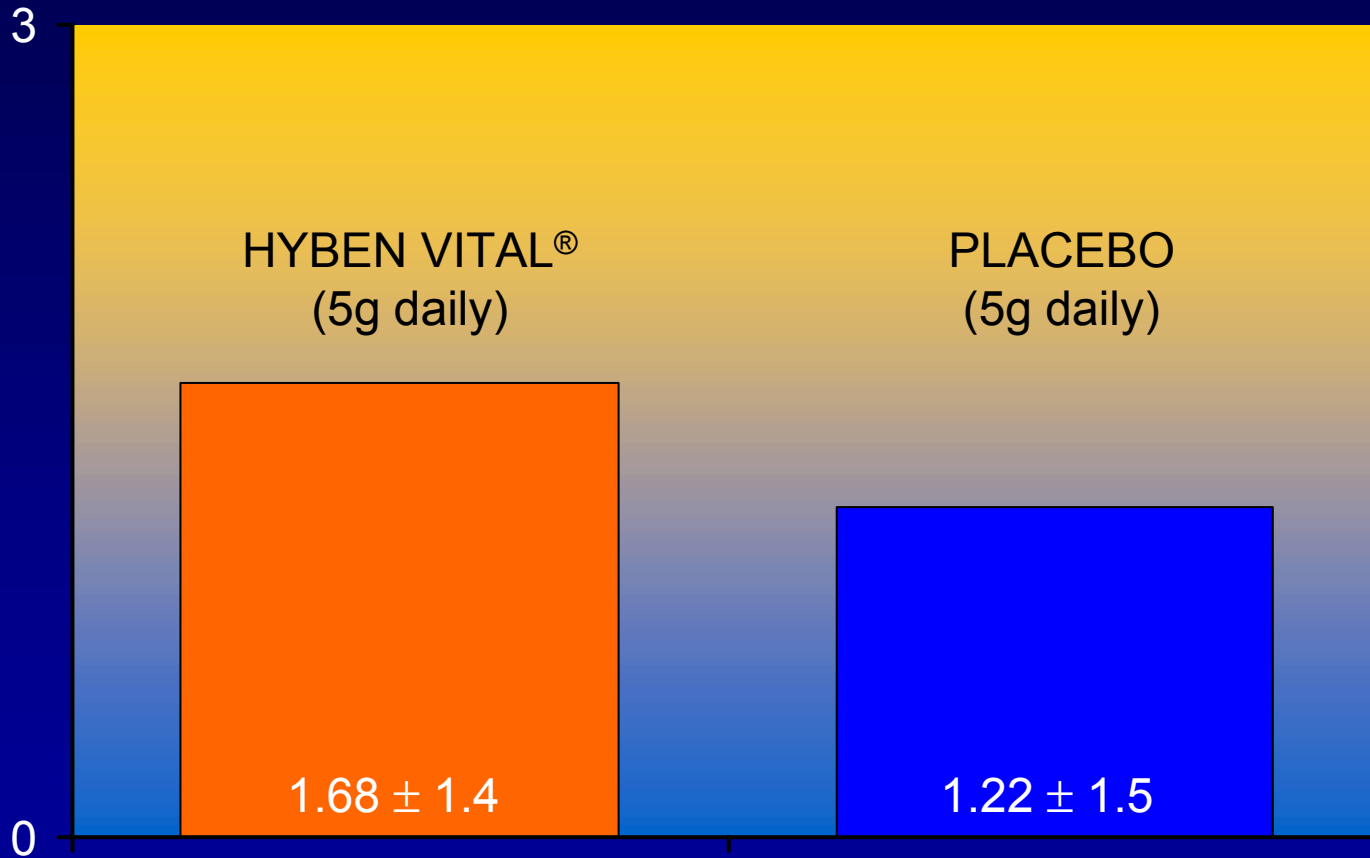
No impact

Although not significantly pain tended to decline during placebo treatment suggesting a carry-over effect. ($p < 0.4243$)

MOBILITY OF JOINTS TENDED TO IMPROVE DURING HYBEN VITAL[®] TREATMENT (n=81)

Total relief of restriction

Mobility - Score



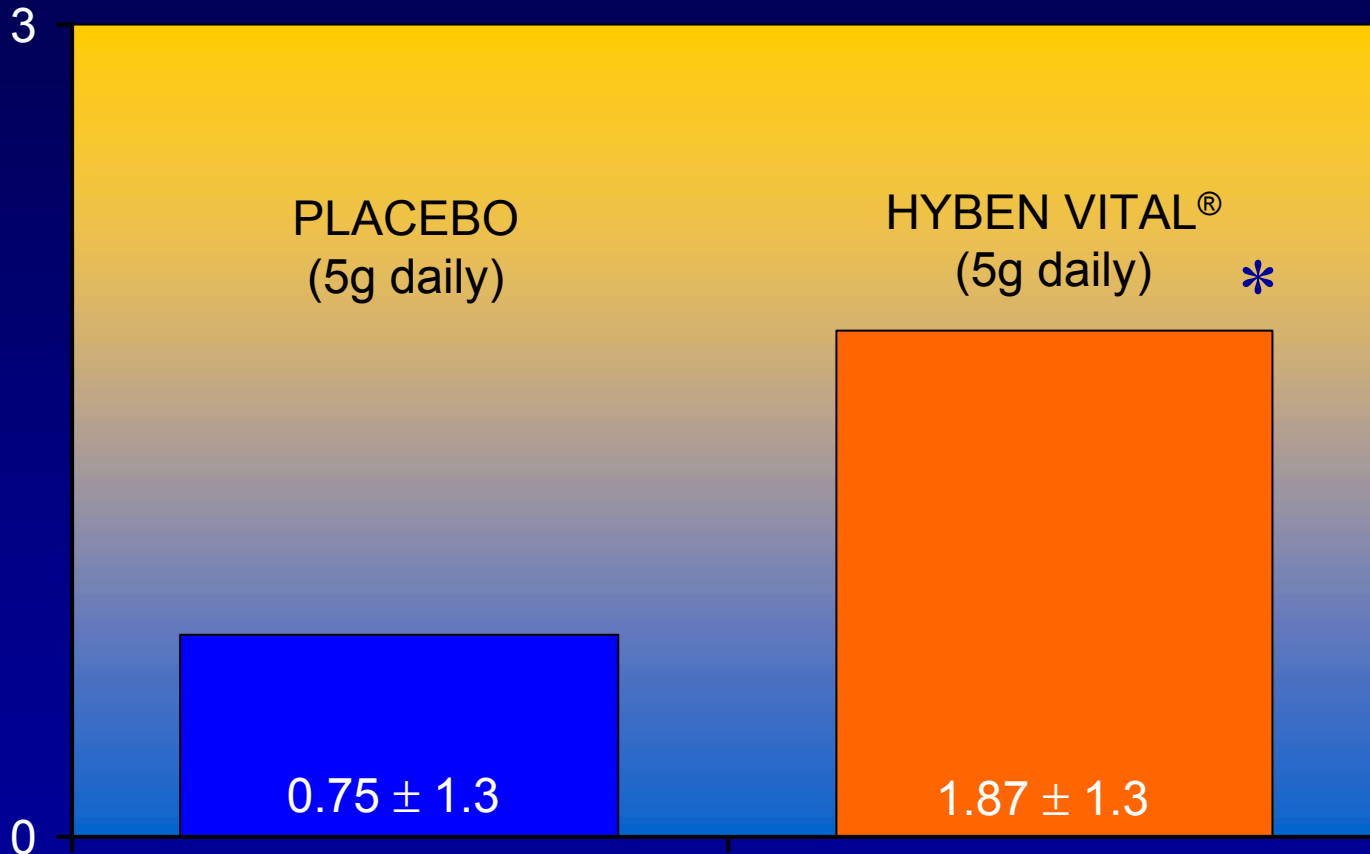
No impact

Mobility of joints did not change significantly during treatment ($p < 0.1612$)

MOBILITY OF THE JOINTS IN THE GROUP WHERE PLACEBO WAS GIVEN BEFORE HYBEN VITAL[®] (n=41)

Total relief of restriction

Mobility - Score



No impact

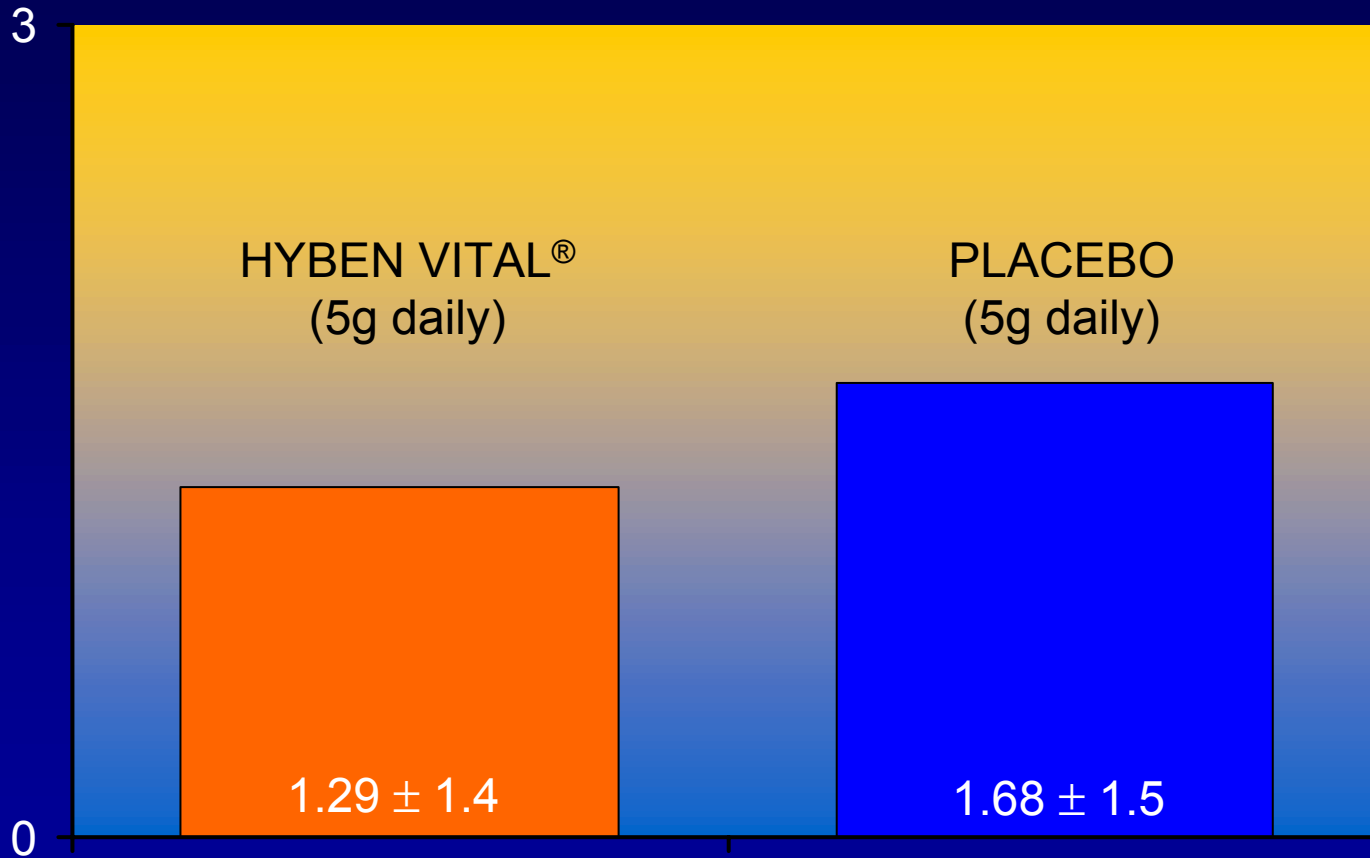
During Hyben Vital[®] treatment restrictions was significantly reduced (*p<0.0008)

MOBILITY OF THE JOINTS IN THE GROUP WHERE HYBEN VITAL® WAS GIVEN BEFORE PLACEBO

(n=40)

Total relief of restriction

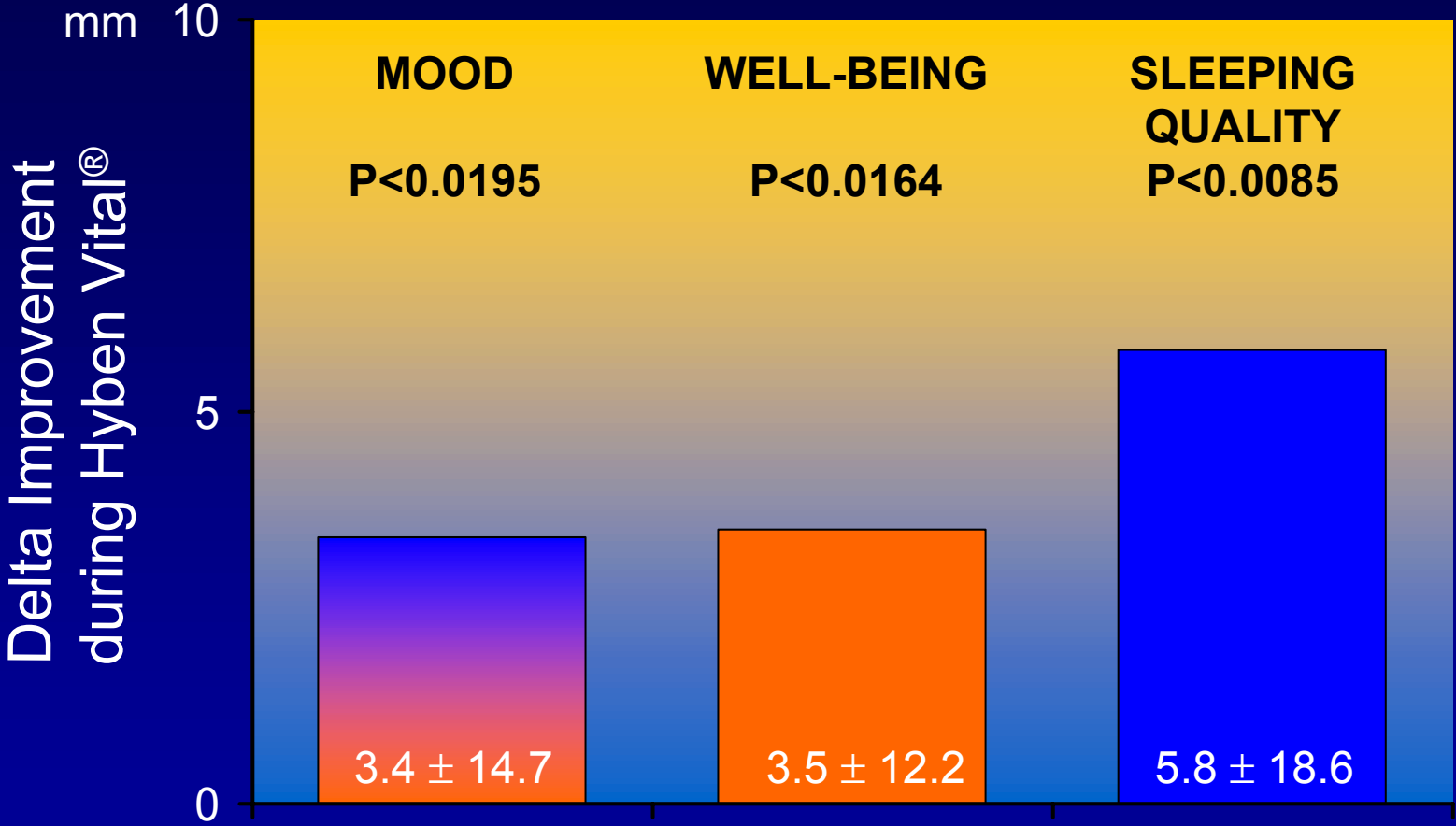
Mobility - Score



No impact

Although not significantly mobility tended to improve during placebo treatment indicating a possible carry-over effect ($p < 0.2855$)

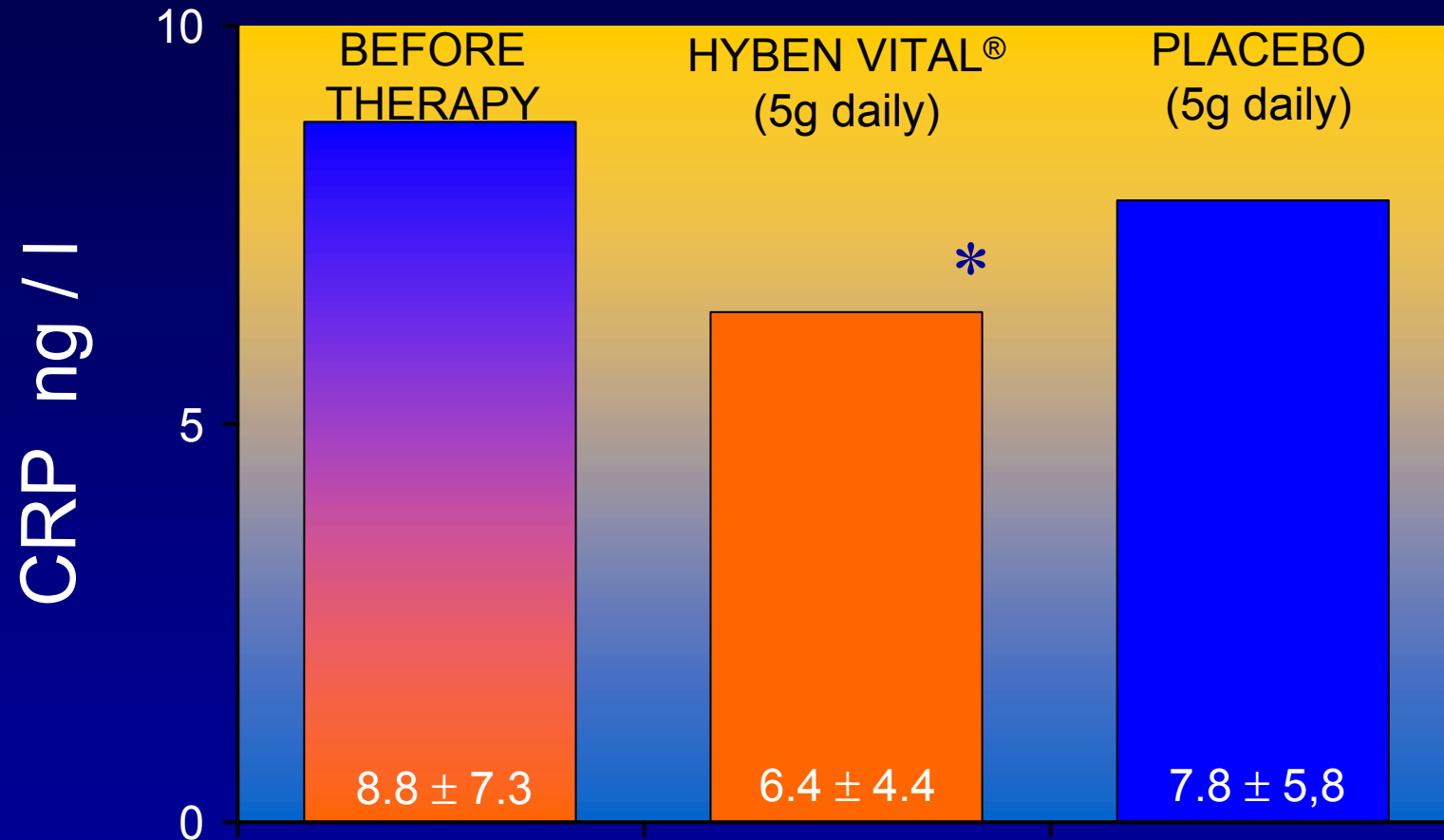
THE IMPACT OF HYBEN VITAL® AND PLACEBO ON MOOD, GENERAL WELL-BEING AND SLEEPING QUALITY (DATA GIVEN ARE DELTA CHANGES COMPARING THE TWO TREATMENTS). (n=47)



Hyben Vital® seems to improve mood, general well-being and sleeping quality.

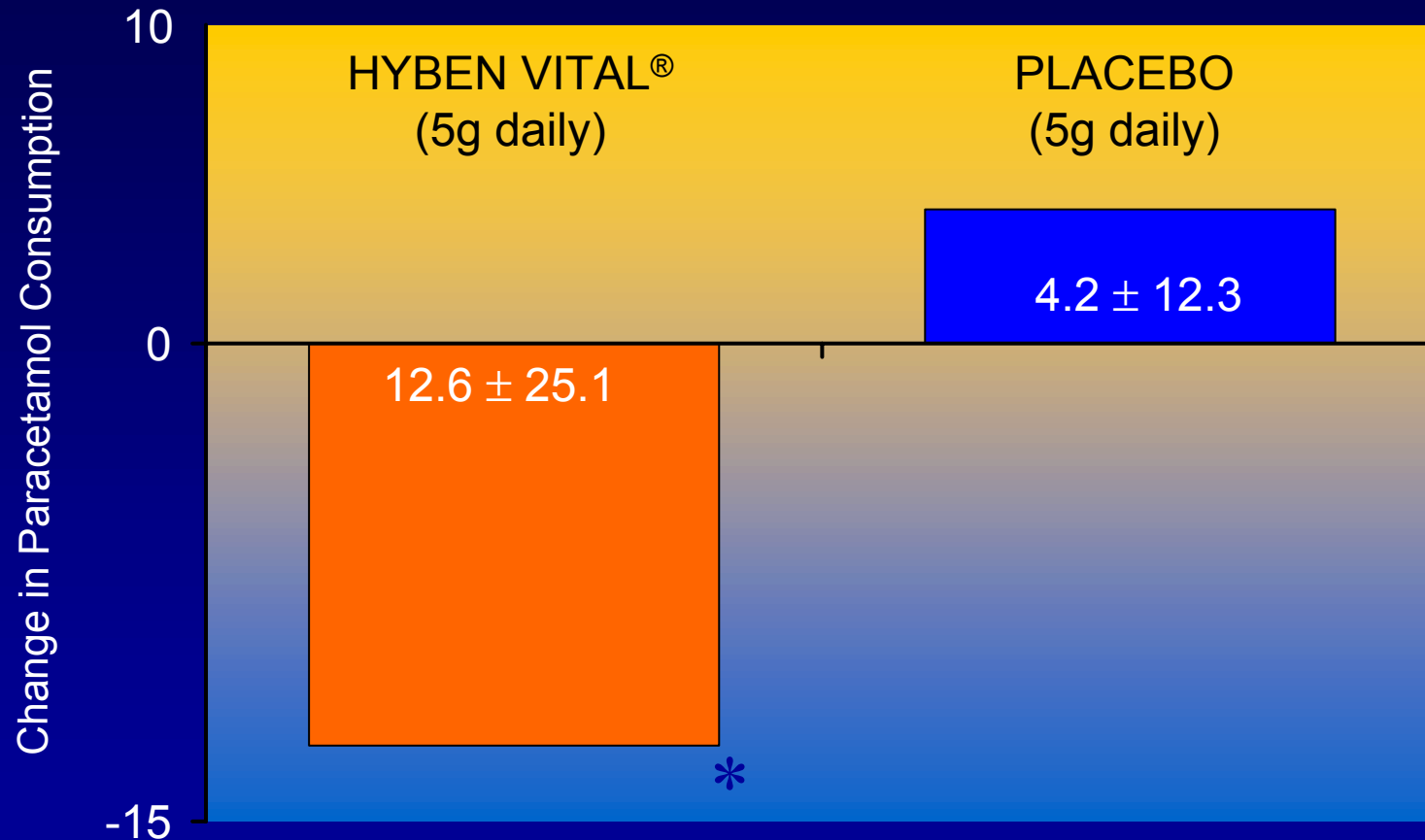
THE IMPACT OF HYBEN VITAL[®] ON CRP

(n=23)



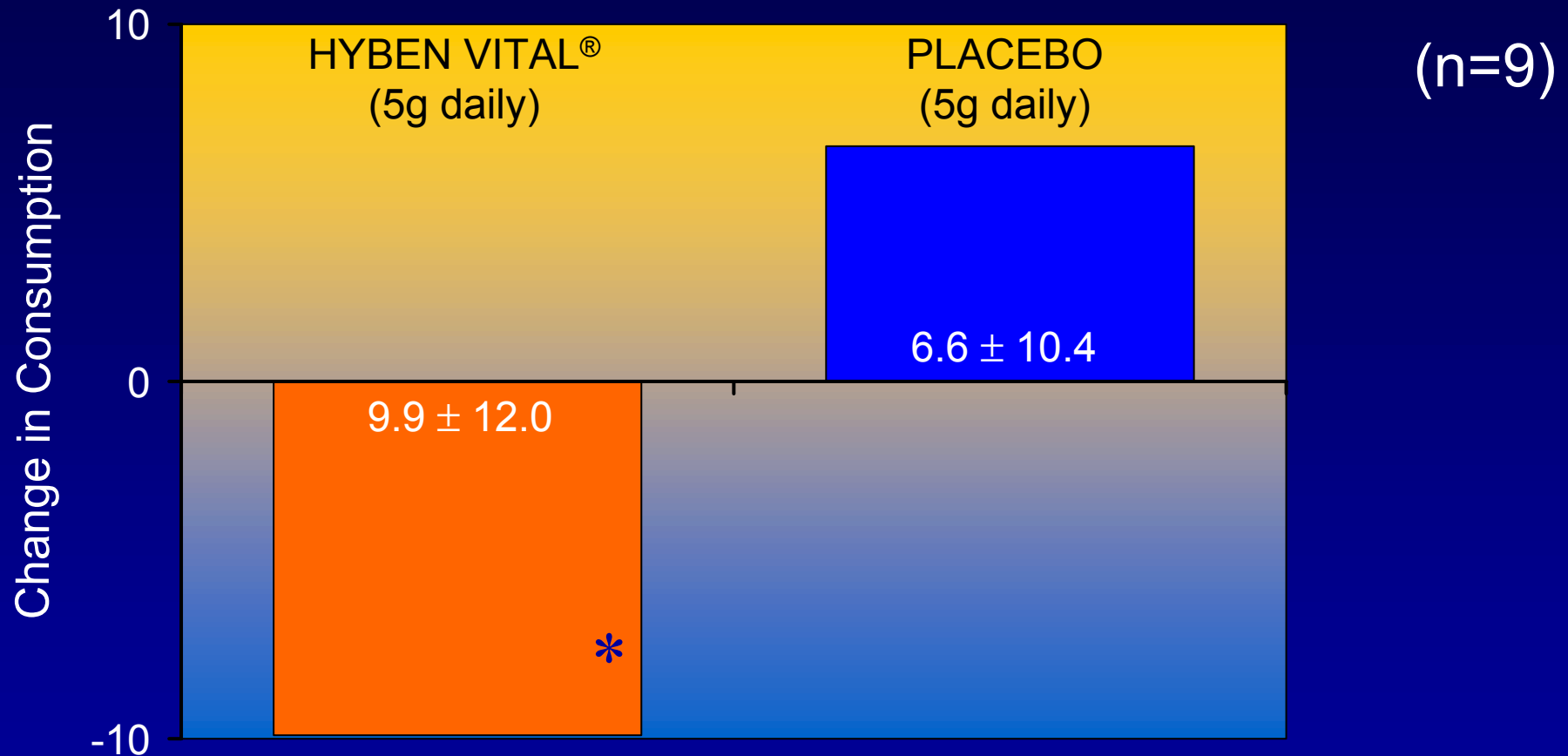
During Hyben Vital[®] treatment CRP significantly declined. Such decline was not observed during placebo treatment (*p<0.0043 vs before therapy).

CHANGE IN PARACETAMOL CONSUMPTION COMPARING THE FIRST TWO WEEKS OF EACH TREATMENT PERIOD WITH THE LAST TWO WEEKS (n=24)






During Hyben Vital® treatment the consumption of paracetamol tablets (500 mg) significantly declined (*p<0.0182).

CHANGE IN CONSUMPTION OF OPIOID ANALGESICS TRAMADOL AND CODEIN COMPARING THE FIRST TWO WEEKS OF EACH TREATMENT PERIOD WITH THAT OF THE LAST TWO WEEKS



During treatment with Hyben Vital® the consumption of the opioid analgesics (Tramadol capsules 50 mg and Codein tablets 25 mg) declined by 40% (*p<0.0313).

CONCLUSION

-  In summary the data suggest that Hyben Vital[®] can reduce pain and stiffness and improve quality of life parameters in patients with osteoarthritis.
-  The improvement in quality of life parameters and the reduction in pain and stiffness seems large enough to reduce the consumption of paracetamol.
-  The results also suggest that the action of Hyben Vital[®] is protracted.



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