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## **5-LOXIN<sup>®</sup> proven to reduce the symptoms of osteoarthritis in new human study published in *Arthritis Research and Therapy***

MORRISTOWN, NJ (July 31, 2008) PL Thomas (PLT), in alliance with Laila Nutraceuticals, India, today jointly announced the publication of a new study using their exclusive dietary supplement ingredient, 5-LOXIN<sup>®</sup>. In the study, 5-LOXIN supplementation conferred clinically and statistically significant improvements in pain scores and physical function scores in OA patients at doses of 100mg and 250mg daily. Interestingly, significant improvements in pain score and functional ability were recorded in as early as 7 days after the start of treatment. Corroborating the improvements in pain scores in treatment groups, a significant reduction in synovial fluid MMP activity, enzymes which damage connective tissue, was noted. 5-LOXIN was found to be well-tolerated, with no safety concerns. [Arthritis Research & Therapy 2008, 10:R85doi:10.1186/ar2461](https://doi.org/10.1186/ar2461)

The study was led by Siba Raychaudhuri, a faculty member of the University of California, Davis, in the United States. According to Raychaudhuri, "The high incidence of adverse affects associated with currently available medications has created great interest in the search for an effective and safe alternative treatment."

The extract (ingredient) the authors used was 5-LOXIN, (a unique, patent pending extract of *Boswellia serrata*) providing 30% AKBA (3-O-acetyl-11-keto-beta-boswellic acid), which is thought to be the most active ingredient in the plant.

Raychaudhuri continued, "AKBA has anti-inflammatory properties, and we have shown that a *Boswellia serrata* extract with concentrated AKBA can be an effective treatment for osteoarthritis of the knee".

Seventy-five OA patients were included in the study. Dived into three groups of 25, the patients were given daily either 100 mg 5-LOXIN, 250 mg 5-LOXIN or a placebo for 90 days. Each patient was evaluated for pain and physical functions by using the standard tools (VAS - visual

analog scale, Lequesne's Functional Index, and Western Ontario and McMaster Universities Osteoarthritis Index) at the baseline (day 0), and at days 7, 30, 60 and 90. Additionally, the cartilage degrading enzyme matrix metalloproteinase-3 was also evaluated in synovial fluid of the knee from OA patients.

According to the authors, "In this study, the compound was shown to have no major adverse effects in our osteoarthritis patients. It is safe for human consumption and even for long-term use."

5-LOXIN is available in North America in the OsteoBiFlex with Joint Shield dietary supplements (ingredients) in food, drug and mass market and club stores.

*For more information on this study please contact PL Thomas: phone: 973-984-0900, fax: 973-984-5666, e-mail: [info@plthomas.com](mailto:info@plthomas.com) or [www.PLThomas.com](http://www.PLThomas.com)*

### **About Laila Nutraceuticals (LN)**

LN is a division of Laila Group, the largest producer of herbal extracts in India. LN works with Laila Impex Research Center to develop, manufacture and commercialize standardized herbal extracts & phytochemicals worldwide, and supports this work with patents and publications.

### **About PLT**

PL Thomas & Co., a New Jersey-based ingredient supplier, offers fifty years of innovation in providing high quality ingredients for the food/functional food and nutrition industries. PLT successfully champions nutritional products and technologies "Where Food & Health Meets."

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