

A randomised controlled trial of 'arthritis relief plus' for osteoarthritis of the knee

ACTRN12610000877088

Status	RECRUITING
Sponsor	Arthritis Relief Plus Pty. Ltd.
Enrollment	140 participants

Plain Language Summary

This study is testing whether a natural supplement called Arthritis Relief Plus — a mix of 20 natural ingredients — can reduce knee pain caused by osteoarthritis. Participants aged 50 and over with significant knee pain will take either the supplement or a dummy pill (placebo) for 3 months, then stop for 1 month. The study is double-blind, meaning neither the participant nor the researcher knows who is getting the real supplement.

You may be eligible if:

- You are 50 years of age or older
- You have been diagnosed with knee osteoarthritis
- Your knee pain is significant (pain score above 40 out of 100 on a scale)
- You meet at least 3 of these signs: stiffness less than 30 minutes, grating sensation in knee, bony tenderness, bony enlargement, no warmth in the joint

You may NOT be eligible if:

- You have another type of arthritis (not osteoarthritis)
- Your X-ray shows severe joint space narrowing (OARSI grade 3)
- You have had a significant knee injury in the last 6 months
- You cannot give informed consent

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (10)

- American College of Rheumatology (ACR) criteria for knee osteoarthritis*
- Knee pain and at least 3 of 6
- Age > 50 years
- Stiffness < 30 minutes
- Crepitus
- ... and 5 more (see full listing online)

Exclusion (4)

- Other forms of arthritis
- X-ray showing Osteoarthritis Research Society International (OARSI) grade 3 joint space narrowing (JSN)
- Significant knee injury within last 6 months
- Inability to sign provide informed consent

Locations (1 total)

Australia
<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12610000877088>

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