

A randomised trial comparing the effect of green-lipped mussel and glucosamine in treating osteoarthritis of the knee and assessing if this correlates to the nutraceuticals improving gut integrity

ACTRN12611000658910

Status	RECRUITING
Phase	Phase 1
Sponsor	The University of Queensland
Enrollment	40 participants

Plain Language Summary

This study compares two natural supplements for knee osteoarthritis — green-lipped mussel extract and glucosamine sulphate — to find out which one works better for pain and stiffness. Researchers also want to explore whether these supplements help by improving the health of the gut (digestive system), since some evidence suggests gut problems may play a role in osteoarthritis. Stool samples will be collected to measure gut bacteria before and after the supplement.

You may be eligible if:

- You are between 40 and 80 years of age
- You have confirmed osteoarthritis of the knee(s), diagnosed by a rheumatologist
- You have not taken herbal supplements, fish oil, probiotics, glucosamine, or green-lipped mussel products in the past 2 weeks

You may NOT be eligible if:

- You are currently taking any other investigational product
- You have active substance abuse (alcohol or drug dependency)
- You are pregnant or breastfeeding
- You have an allergy to shellfish (mollusks or crustaceans)

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

Key Eligibility Criteria

Inclusion (2)

- Not taking any form of herbal/multivitamin, fish oil, probiotic, glucosamine or GLM therapy within the past 2 weeks prior to the study enrolment
- Confirmed osteoarthritis of the knee(s) by appointed Rheumatologist

Exclusion (4)

- Concurrent use of any other investigational product(s);
- Active substance abuse (alcohol or drug dependency);
- Breastfeeding or pregnancy,
- Allergies to Shellfish (Mollusks and Crustaceans)

Locations (1 total)

Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12611000658910>

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