

# Efficacy and safety of a marine extract for the treatment of osteoarthritis.

ACTRN12616000975493

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Status	RECRUITING
Phase	Phase 2
Sponsor	NatMed Research
Enrollment	60 participants

## Plain Language Summary

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This study is for men and women with knee osteoarthritis — a condition where the cartilage in the knee wears down, causing pain and stiffness. It tests whether a supplement made from green-lipped mussel extract (PCSO-524) helps reduce knee pain. Participants will take either 200 mg or 400 mg of the supplement daily for 12 weeks.

You may be eligible if:

- Women: You are between 45 and 75 years old, with knee osteoarthritis starting at 45 or older, confirmed by X-ray
- Men: You are between 45 and 80 years old, with knee osteoarthritis starting at 43 or older, confirmed by X-ray
- Your knee pain score is between 30 and 70 on a 100-point scale
- Your BMI is below 35
- You are otherwise in general good health

You may NOT be eligible if:

- Your pain score is below 30 or above 70
- You have any significant active chronic illness
- You are currently taking anti-inflammatory or anti-arthritis medicines

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

## Key Eligibility Criteria

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### Inclusion (4)

- Women:
  - years of age (yoa) with a history of knee OA; onset 45 yoa or older; perceived pain between 30 and 70 on a 100mm visual analogue scale (VAS); X-ray evidence of osteoarthritis (KL score = 2 or 3); Follicle Stimulating Hormone (FSH) > 18.0 U/L; BMI < 35; otherwise healthy.
- Men:
  - years of age (yoa) with a history of knee OA; onset 43 yoa or older; perceived pain between 30 and 70 on a 100mm visual analogue scale (VAS); X-ray evidence of osteoarthritis (KL score = 2 or 3); BMI < 35; central obesity); otherwise healthy.

### Exclusion (1)

- Perceived pain <30 or >70 on a 100mm VAS; any significant active chronic disease; taking any anti-inflammatory or anti-arthritis medicines.

## Locations (1 total)

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NSW, Australia

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12616000975493>

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