

Effect of Agar/Collagen-based Compounds on Osteoarticular Pain: Randomized Triple-blind Clinical Trial

NCT07318896

Status	RECRUITING
Phase	Not Applicable
Sponsor	Fundació Eurecat
Enrollment	80 participants

Key Eligibility Criteria

Inclusion (4)

- Men and women between 40 and 70 years of age.
- Submit a score of 6 to 10 out of 20 on the Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC) knee pain questionnaire.
- Sign the informed consent form.
- Know how to read, write, and speak Spanish and/or Catalan.

Exclusion (18)

- Present body mass index (BMI) values $<18.5 \text{ kg/m}^2$ or $\geq 30 \text{ kg/m}^2$.
- Present intolerances or allergies related to Agar-Agar, or any of the components of the products being evaluated, such as collagen or maltodextrin.
- Take or have taken medications that may affect the study results. This is especially true for those who have been treated with oral or intra-articular corticosteroids within the 4 and 12 weeks prior to screening, respectively, or medications for osteoarthritis at the time of screening.
- Patients who depend on prescription medications for pain control.
- Take multivitamin or mineral supplements, collagen derivatives, or supplements containing bioactive compounds that may exert an anti-inflammatory effect, such as turmeric, ginger, omega-3, or polyphenol supplements.

... and 13 more (see full listing online)

Locations (1 total)

Eurecat, Technological Center of Catalonia, Nutrition and Health Unit, Reus, Tarragona, Spain