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GALEN'S REPORT

Issue 1, 2014



Galen's Watch

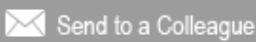
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Dear Sabra,

Happy Spring Everyone! Enjoy the sun.

Sabra

Share this issue with someone!



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Omega-3 PUFAs Improved Endothelial Function and Arterial Stiffness with a Parallel Anti-inflammatory Effect in Adults with Metabolic Syndrome.

Key Study Citations - Botanical

The Effectiveness of Aromatherapy for relief of Postoperative Nausea and Vomiting.

The objective of this study was to compare the effectiveness of aromatherapy (QueaseEase, Soothing Scents, Inc, Enterprise, AL) versus an unscented inhalant in relieving postoperative nausea and vomiting (PONV). One hundred twenty-one patients with postoperative nausea were randomized into a treatment group receiving an aromatic inhaler and a control group receiving a placebo inhaler to

evaluate the effectiveness of aromatherapy. Initial and follow-up nausea assessment scores in both treatment and placebo groups decreased significantly, and there was a significant difference between the two groups. Perceived effectiveness of aromatherapy was significantly higher in the treatment group.

J Perianesth Nurs. 2014 Feb;29(1):5-11.

A prospective randomized study of the effectiveness of aromatherapy for relief of postoperative nausea and vomiting.

Effect of Lavender Inhalation on the Symptoms of Primary Dysmenorrhea and the Amount of Menstrual Bleeding

The purpose of this study was to explore the effect of *Lavandula angustifolia* (lavender) inhalation on the symptoms of dysmenorrhea and the amount of menstrual bleeding in female students with primary dysmenorrhea. Female students (n=96) suffering from level two or three dysmenorrhea according to the verbal multi-dimensional scoring system. The inclusion criteria were as: being single, suffering from primary dysmenorrhea, having no genital organs disorder, having no systemic disease, having regular menstrual cycles, using no contraceptives, etc. The follow-up time was 4 menstrual cycles. The subjects were randomized into two groups: experimental (n = 48) who inhaled lavender based on sesame oil, and placebo (n = 48) who inhaled sesame oil only. The symptoms of dysmenorrhea were significantly lowered in the lavender group compared to the placebo group. The amount of menstrual bleeding in the lavender group was reduced in comparison to the placebo group but the difference was not statistically significant. No significant difference was observed for blood clot among the students.

Complementary Therapies in Medicine Available online 6 January 2014

Effect of lavender inhalation on the symptoms of primary dysmenorrhea and the amount of menstrual bleeding: A randomized clinical trial

The Effect of Ginger Powder Supplementation on Insulin Resistance and Glycemic Indices in Patients with Type 2 Diabetes

This is a randomized, double-blind, placebo-controlled trial in which 88 participants affected by diabetes were randomly assigned into ginger (GG) and placebo (PG) groups. The GG received 3 one-gram capsules containing ginger powder whereas the PG received 3 one-gram microcrystalline-containing capsules daily for 8 weeks. Fasting blood sugar (FBS) mean showed a decrease of 10.5% in the GG whereas the mean had an increase of 21% in the PG. Variation in HbA1c mean was in line with that of FBS. Statistical difference was found in the two groups before and after the intervention in terms of median of fasting insulin level and homeostasis model assessment insulin resistance index (HOMA-IR). Moreover mean increased significantly in the two groups, the mean difference, however, was significantly higher in the GG.

Complement Ther Med. 2014 Feb;22(1):9-16.

The effect of ginger powder supplementation on insulin resistance and glycemic indices in patients with type 2 diabetes: A randomized, double-blind, placebo-controlled trial.

Silymarin in Treatment of Non-alcoholic Steatohepatitis.

This clinical-trial study was conducted on 64 patients with non-alcoholic steatohepatitis (NASH) who were randomly divided as case group (33) and control group (31). Abdominal sonography and persistent elevation in levels of aspartate aminotransferase (AST) and alanine aminotransferase (ALT) more than 1.2 times of the upper normal limit within the last six months were selected as inclusion criteria. They were advised to take low-fat, low carbohydrate diet, do regular sport activity to lose weight up to 4 Kg. Patients in the case group received 210 mg/day silymarin orally for 8 weeks and those in the control group received placebo. After 8 weeks, the patients were reevaluated and their AST and ALT levels were measured. Serum concentrations of ALT were 91.3 +/- 21.3 and 38.4 +/- 11.8 in case group before and after the study respectively, while the figures were 84.6 +/- 23.3 and 52.3 +/- 29 in the control group. The same trend was seen for AST. The patients who had taken silymarin experienced more notable fall in hepatic enzymes.

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Caspian J Intern Med. 2014 Winter;5(1):9-12.

[Silymarin in treatment of non-alcoholic steatohepatitis: A randomized clinical trial.](#)

Safety and Efficacy of Curcuma Longa Extract in the Treatment of Painful Knee Osteoarthritis

One hundred and twenty patients (37 males and 83 females) with primary knee osteoarthritis (OA) received either placebo (400 mg twice daily) or NR-INF-02* (500 mg twice daily) or glucosamine sulphate (GS) (750 mg twice daily) alone or combination of NR-INF-02 and GS for 42 days. The efficacy was assessed during treatment period, on day 21 and day 42. NR-INF-02 treated group showed a significant decrease in use of rescue medication, along with clinical and subjective improvement compared to placebo. The tolerability and acceptability profile of NR-INF-02 was better during the trial period. The study demonstrates safety and efficacy of NR-INF-02 as a useful treatment option for patients with primary painful knee OA.

* Turmacin® is a patent pending, curcuminoids free aqueous extract of *Curcuma longa* rhizomes, standardized to contain bioactive polysaccharides - "Turmerosaccharides" (>10% w/w by HPLC).

Inflammopharmacology. 2013 Apr;21(2):129-36.

[Safety and efficacy of Curcuma longa extract in the treatment of painful knee osteoarthritis: a randomized placebo-controlled trial.](#)

Effectiveness of Aromatherapy With Light Thai Massage for Cellular Immunity Improvement in Colorectal Cancer Patients Receiving Chemotherapy.

Sixty-six patients with colorectal cancer were enrolled in a single-blind, randomised-controlled trial. The intervention consisted of three massage sessions with ginger and coconut oil over a 1-week period. The control group received standard supportive care only. The main finding was that after adjusting for pre-assessment values the mean lymphocyte count at the post-assessment was significantly higher in the treatment group than in the controls. The size of this difference suggested that aromatherapy with Thai massage could boost lymphocyte numbers by 11%. The secondary outcomes were that at the post assessment the symptom severity scores for fatigue, presenting symptom, pain and stress were significantly lower in the massage group than in the standard care controls. Aromatherapy with light Thai massage can be beneficial for the immune systems of cancer patients who are undergoing chemotherapy by increasing the number of lymphocytes and can help to reduce the severity of common symptoms.

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Asian Pac J Cancer Prev. 2013;14(6):3903-7.

[Effectiveness of aromatherapy with light thai massage for cellular immunity improvement in colorectal cancer patients receiving chemotherapy.](#)

A Case Series on the use of Lavendula Oil Capsules in Patients Suffering from Major Depressive Disorder

Symptoms of agitation, anxiety and insomnia are frequent among patients with major depressive disorder (MDD) during the first weeks of psychiatric care. But a substantial number of patients declines taking pharmaceutical medication to avoid side effects. Therefore, an alternative herbal medication is needed. Clinical studies demonstrated that lavender oil capsules, termed Lasea®, have an anxiolytic effect comparable to Lorazepam and significantly reduce insomnia and agitation in non-depressed patients. Therefore, the aim of this retrospective case series was to analyze the effectiveness of Lasea® for patients with MDD and symptoms of anxiety, insomnia and psychomotor agitation. In 6 cases, the combination of Lasea® and an antidepressant resulted in a reduction of MDD. Lasea® also reduced agitation in 6 cases. Psychological anxiety was reduced in 5, somatic anxiety in 4 cases whereas sleep-onset and sleep-maintenance insomnia improved in 3 cases each. The results demonstrate that Lasea® reduces some of the anxiety related symptoms and sleep disturbances in MDD patients. Furthermore Lasea® significantly reduces psychomotor agitation. Additionally, the

results indicate a significant global improvement stemming from the combinational therapy of Lasea(®) and antidepressant medication.

Complement Ther Med. 2014 Feb;22(1):63-9.

A case series on the use of lavender oil capsules in patients suffering from major depressive disorder and symptoms of psychomotor agitation, insomnia and anxiety.

Krill oil Supplementation Lowers Serum Triglycerides in Adults with Borderline High or High Triglyceride Levels.

The aim of the study was to explore the effects of 12 weeks daily krill oil supplementation on fasting serum triglyceride (TG) and lipoprotein particle levels in subjects whose habitual fish intake is low and who have borderline high or high fasting serum TG levels (150-499 mg/dL). Three hundred male and female subjects were included in a double-blind, randomized, multi-center, placebo-controlled study with five treatment groups: placebo (olive oil) or 0.5, 1, 2, or 4 g/day of krill oil. Due to a high intra-individual variability in TG levels, data from all subjects in the four krill oil groups were pooled to increase statistical power, and a general time- and dose-independent one-way analysis of variance was performed to assess efficacy. Relative to subjects in the placebo group, those administered krill oil had a statistically significant calculated reduction in serum TG levels of 10.2%. Moreover, LDL-C levels were not increased in the krill oil groups relative to the placebo group. The outcome of the pooled analysis suggests that krill oil is effective in reducing a cardiovascular risk factor.

Nutr Res. 2014 Feb;34(2):126-33. doi: 10.1016/j.nutres.2013.12.003. Epub 2013 Dec 18.

Krill oil supplementation lowers serum triglycerides without increasing low-density lipoprotein cholesterol in adults with borderline high or high triglyceride levels.

A Complex of Three Natural Anti-inflammatory Agents Provides Relief of Osteoarthritis Pain.

The aim of the study was to evaluate the clinical relevance of the efficacy of a marketed complex of 3 plant extracts- Harpagophytum procumbens (Devil's Claw), Curcuma long (Turmeric), and bromelain (AINAT, 650 mg)-in the treatment of degenerative joint pain. The study included 2 groups, 1 group with participants suffering from chronic osteoarthritis (OA) pain and 1 group suffering from acute OA pain. A total of 42 patients (36 women; mean age = 67 y) suffering from acute or chronic, degenerative spine or joint pain participated. Two 650-mg capsules of AINAT were administered 3 ×/d to patients with acute pain and 2 ×/d to patients with chronic pain. At baseline, and during a follow-up visit at 15 d for the acute pain group and 60 d for the chronic pain group, the research team obtained each participant's global assessment (PGA) and each rheumatologist's global assessment (RGA), as well as each participant's pain score, using for each of them a 100-mm visual analogue scale (VAS). At baseline, the VAS pain score (standard deviation) was 69.1 mm and 68.0 mm for patients with acute and chronic pain, respectively. At the endpoint, the scores decreased to 42.1 mm and 37.8 mm, respectively. This reduction of pain, as a percentage as well as an absolute value, corresponds to the required definition of MCII, particularly in patients with chronic joint pain. At the endpoint, most of the patients in both groups reached the level of pain defined as the PASS. No withdrawals occurred due to treatment side effects. The improvement of joint pain was clinically relevant in patients treated with AINAT for both acute and chronic OA pain.

Altern Ther Health Med. 2014 Jan;20 Suppl 1:32-7.

A Complex of Three Natural Anti-inflammatory Agents Provides Relief of Osteoarthritis Pain.

Randomized Placebo-controlled Adjunctive Study of an Extract of Withania Somnifera for Cognitive Dysfunction in Bipolar Disorder.

Sixty euthymic subjects with DSM-IV bipolar disorder were enrolled in an 8-week, double-blind, placebo-controlled, randomized study of Withania somnifera (WSE) (500 mg/d) as a procognitive agent added adjunctively to the medications being used as maintenance treatment for bipolar disorder. Fifty-three patients completed the study, and the 2 groups were matched in terms of demographic, illness, and treatment characteristics. Compared to placebo, WSE provided significant benefits for 3 cognitive tasks: digit span backward, Flanker neutral response time, and the social cognition response rating of the Penn Emotional Acuity Test. Although results are preliminary, WSE

appears to improve auditory-verbal working memory (digit span backward), a measure of reaction time, and a measure of social cognition in bipolar disorder.

J Clin Psychiatry. 2013 Nov;74(11):1076-83.

[Randomized placebo-controlled adjunctive study of an extract of withania somnifera for cognitive dysfunction in bipolar disorder.](#)

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Key Study Citations - Diet

An Anti-inflammatory Diet as Treatment for Inflammatory Bowel Disease

The Anti-Inflammatory Diet (IBD-AID)* is a nutritional regimen for inflammatory bowel disease (IBD) that restricts the intake of certain carbohydrates, includes the ingestion of pre- and probiotic foods, and modifies dietary fatty acids to demonstrate the potential of an adjunct dietary therapy for the treatment of IBD. Forty patients with IBD were consecutively offered the IBD-AID to help treat their disease, and were retrospectively reviewed. Of the 40 patients with IBD, 13 patients chose not to attempt the diet (33%). Twenty-four patients had either a good or very good response after reaching compliance (60%), and 3 patients' results were mixed (7%). Of those 11 adult patients who underwent further medical record review, 8 with CD, and 3 with UC, the age range was 19-70 years, and they followed the diet for 4 or more weeks. After following the IBD-AID, all (100%) patients were able to discontinue at least one of their prior IBD medications, and all patients had symptom reduction including bowel frequency. The mean baseline HBI was 11 (range 1-20), and the mean follow-up score was 1.5 (range 0-3). The mean baseline was 7, (range 6-8) and the mean follow-up score was 0. The average decrease in the HBI was 9.5 and the average decrease in the Modified Truelove and Witts Severity Index (MTLWSI) was 7.

Full Free Text Article

Nutr J. 2014 Jan 16;13(1):5.

[An anti-inflammatory diet as treatment for inflammatory bowel disease: a case series report running head: Diet for inflammatory bowel disease.](#)

*The IBD-AID has five basic components: the first of which is the modification of certain carbohydrates, (including lactose, and refined or processed complex carbohydrates) the second places strong emphasis on the ingestion of pre- and probiotics (e.g.; soluble fiber, leeks, onions, and fermented foods) to help restore the balance of the intestinal flora [22-25], and the third distinguishes between saturated, trans, mono- and polyunsaturated fats [26-29], the fourth encourages a review of the overall dietary pattern, detection of missing nutrients, and identification of intolerances. The last component modifies the textures of the foods (e.g.; blenderized, ground, or cooked) as needed (per patient symptomology, see Table 2) to improve absorption of nutrients and minimize intact fiber. (More details are in the Full Free Text Article)

Big Breakfast rich in Protein and Fat Improves Glycemic Control in Type 2 Diabetics.

Fifty-nine overweight/obese adults with T2DM were randomized to one of two isocaloric diabetic diets for 3 months; big breakfast (BB), breakfast was rich in fat and protein and provided 33% of total daily energy or small breakfast (SB), breakfast was rich in carbohydrates and provided 12.5% of total daily energy. Although body weight was reduced similarly in both groups, the BB group showed greater HbA1c and systolic blood pressure reductions. T2DM medication dose was reduced in a greater proportion of the BB participants (31% vs. 0%) while in the SB, a greater proportion of participants had a dose increases (16.7% vs. 3.4%). Hunger scores were lower in the BB group and greater improvements in fasting glucose were observed in the BB group. A simple dietary manipulation enriching breakfast with energy as protein and fat appears to confer metabolic benefits and might be a useful alternative for the management of T2DM.

Obesity (Silver Spring). 2013 Oct 29. doi: 10.1002/oby.20654. [Epub ahead of print]

[Big breakfast rich in protein and fat improves glycemic control in type 2 diabetics.](#)

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Key Study Citations - Observational

Female Dietary Antioxidant Intake and Time to Pregnancy Among Couples Treated for Unexplained Infertility.

To determine whether increased antioxidant intake in women is associated with shorter time to pregnancy (TTP) among a cohort of couples being treated for unexplained infertility. The subjects were women with unexplained fertility and the outcome measure was time it took to establish a pregnancy that led to a live birth. Mean nutrient intake exceeded the estimated average requirement (EAR) for vitamins C and E. No differences in mean intake of any of the antioxidants were noted between women who delivered a live-born infant during the study period vs. those who did not. In multivariable models, intake of β -carotene from dietary supplements was associated with shorter TTP among women with body mass index (BMI) ≥ 25 kg/m² and women < 35 y. Intake of vitamin C from dietary supplements was associated with shorter TTP among women with BMI < 25 kg/m² and women < 35 y. Intake of vitamin E from dietary supplements among women ≥ 35 y also was associated with shorter TTP. Shorter TTP was observed among women with BMI < 25 kg/m² with increasing vitamin C, women with BMI ≥ 25 kg/m² with increasing β -carotene, women < 35 y with increasing β -carotene and vitamin C, and women ≥ 35 y with increasing vitamin E.

Fertil Steril. 2013 Dec 17.

[Female dietary antioxidant intake and time to pregnancy among couples treated for unexplained infertility](#)

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Key Study Citations - Other Modalities

Hypnotherapy is More Effective than Nicotine Replacement Therapy for Smoking Cessation

The efficacy of pharmacotherapy for smoking cessation is well documented. However, due to relapse rates and side effects, hypnotherapy is gaining attention as an alternative treatment option. The aim of this one-center randomized study was to compare the efficacy of hypnotherapy alone, as well as hypnotherapy with nicotine replacement therapy (NRT), to conventional NRT in patients hospitalized with a cardiac or pulmonary illness. Patients (n=164) were randomized into one of three counseling-based treatment groups: NRT for 30 days, a 90-min hypnotherapy session (H), and NRT with hypnotherapy (HNRT). Treatment groups were compared to a "self-quit" group of 35 patients who refused intervention. Hypnotherapy patients were more likely than NRT patients to be nonsmokers at 12 weeks (43.9% vs. 28.2%) and 26 weeks after hospitalization (36.6% vs. 18.0%). Smoking abstinence rates in the HNRT group were similar to the H group. There was no difference in smoking abstinence rates at 26 weeks between "self quit" and participants in any of the treatment groups. In multivariable regression analysis adjusting for diagnosis and demographic characteristics, H and HNRT were over three times more likely than NRT participants to abstain at 26-weeks post-discharge.

Complement Ther Med. 2014 Feb;22(1):1-8.

[Hypnotherapy is more effective than nicotine replacement therapy for smoking cessation: Results of a randomized controlled trial.](#)

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Key Study Citations - Probiotics

Effect of Probiotics on Inducing Remission and Maintaining Therapy in Ulcerative Colitis, Crohn's Disease, and Pouchitis

Twenty-three randomized controlled trials with a total of 1763 participants met the inclusion criteria.

From the meta-analysis, probiotics significantly increase the remission rates in patients with active ulcerative colitis (UC). The remission rates were significantly higher in patients with active UC treated with probiotics than placebo. Unfortunately, subgroup analysis found that only VSL#3 significantly increased the remission rates compared with controls in patients with active UC. Interestingly, VSL#3 also significantly reduced the clinical relapse rates for maintaining remission in patients with pouchitis. No significantly different adverse events were detected between probiotics and controls in the treatment of UC.

Inflamm Bowel Dis. 2014 Jan;20(1):21-35.

[Effect of probiotics on inducing remission and maintaining therapy in ulcerative colitis, Crohn's disease, and pouchitis: meta-analysis of randomized controlled trials](#)

Probiotics Reduce Symptoms of Antibiotic use in a Hospital Setting

The aim of this study was to determine the dose-response effect of a four strain probiotic combination (HOWARU® Restore) on the incidence of AAD and CDAD and severity of gastrointestinal symptoms in adult in-patients requiring antibiotic therapy. Patients (n=503) were randomized among three study groups: HOWARU® Restore probiotic 1.70×10(10) CFU (high-dose, n=168), HOWARU® Restore probiotic 4.17×10(9) CFU (low-dose, n=168), or placebo (n=167). Study products were administered daily up to 7 days after the final antibiotic dose. A significant dose-response effect on AAD was observed with incidences of 12.5, 19.6, and 24.6% with high-dose, low-dose, and placebo, respectively. CDAD was the same in both probiotic groups (1.8%) but different from the placebo group (4.8%). Incidences of fever, abdominal pain, and bloating were lower with increasing probiotic dose. The number of daily liquid stools and average duration of diarrhea decreased with higher probiotic dosage. The tested four strain probiotic combination appears to lower the risk of AAD, CDAD, and gastrointestinal symptoms in a dose-dependent manner in adult in-patients.

Vaccine. 2014 Jan 16;32(4):458-63.

[Probiotics reduce symptoms of antibiotic use in a hospital setting: A randomized dose response study](#)

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Key Study Citations - Review

The Role of Acupoint Stimulation as an Adjunct Therapy for Lung Cancer

In the present study, a systematic review and meta-analysis was conducted on the role of acupoint stimulation in lung cancer treatment by electronic and manual searching in seven databases. The select studies showed that acupoint stimulation has strong immunomodulatory effect for lung cancer patients as demonstrated by the significant increase of IL-2, T cell subtypes (CD3+ and CD4+, but not CD8+ cells), and natural killer cells. Further analysis revealed that acupoint stimulation remarkably alleviates the conventional therapy-induced bone marrow suppression (hemoglobin, platelet, and WBC reduction) in lung cancer patients, as well as decreases nausea and vomiting. The pooled studies also showed that acupoint stimulation can improve Karnofsky performance status, immediate tumor response, quality of life (EORCT-QLQ-C30), and pain control of cancer patients. Acupoint stimulation is found to be effective in lung cancer treatment, further confirmatory evaluation via large scale randomized trials is warranted.

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BMC Complement Altern Med. 2013 Dec 17;13:362.

[The role of acupoint stimulation as an adjunct therapy for lung cancer: a systematic review and meta-analysis.](#)

Duration of Symptoms of Respiratory Tract Infections in Children

To determine the expected duration of symptoms of common respiratory tract infections in children in primary and emergency care 23 trials and 25 observational studies were included in this review. Study populations varied in age and duration of symptoms before study onset. In 90% of children, earache was resolved by seven to eight days, sore throat between two and seven days, croup by two days, bronchiolitis by 21 days, acute cough by 25 days, common cold by 15 days, and non-specific respiratory tract infections symptoms by 16 days. The durations of earache and common colds

are considerably longer than current guidance given to parents in the United Kingdom and the United States; for other symptoms such as sore throat, acute cough, bronchiolitis, and croup the current guidance is consistent with our findings.

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[BMJ. 2013 Dec 11;347:f7027.](#)

[Duration of symptoms of respiratory tract infections in children: systematic review.](#)

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Key Study Citations - Supplemental Therapy

Omega-3 fatty Acids in Dry Eye Syndrome.

Two hundred and sixty-four eyes of patients with dry eye were randomized to receive one capsule (500mg) two times a day containing 325mg EPA and 175mg DHA for 3 months (omega-3 group). The omega-3 group was compared to a group of patients (n=254) who received a placebo (placebo group). There were 4 patient visits (at baseline, 1 month, 2 months and 3 months). Sixty-five percent of patients in the omega-3 group and 33% of patients in placebo group had significant improvement in symptoms at 3 months. The mean reduction in symptom score in omega-3 group was 2.02 +/- 0.96 as compared to 0.48 +/- 0.22 in placebo group. Omega-3 fatty acids have a definite role for dry eye syndrome. The benefit seems to be more marked in conditions such as blepharitis and meibomian gland disease. The role of omega fatty acids in tear production and secretion needs further evaluation.

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[Int J Ophthalmol. 2013 Dec 18;6\(6\):811-6.](#)

[A randomized controlled trial of omega-3 fatty acids in dry eye syndrome.](#)

Effect of Cod Liver Oil Supplementation on the Stearoyl-CoA Desaturase Index in Obese Children: A pilot study

Ten obese children (mean age: 12.9 years) with cod liver oil once daily for 12 weeks. The effects of cod liver oil supplementation on SCD activity, as estimated by the palmitoleate/palmitate ratio, depended on the docosahexaenoic acid (DHA) contents at baseline. Baseline DHA contents were negatively correlated with baseline SCD activity. After the treatment, baseline DHA contents were found to be significantly associated with the reduction of SCD activity. Cod liver oil supplementation may be a complementary treatment for obese children with low baseline contents of DHA.

[Obesity Research & Clinical Practice Feb 16, 2014](#)

[Effect of cod liver oil supplementation on the stearoyl-CoA desaturase index in obese children: A pilot study](#)

A double-blind, Randomized Clinical Trial of Dietary Supplementation on Cognitive and Immune Functioning in Healthy Older Adults

Declining cognitive function is relatively common and increasingly prevalent. Studies have shown that different nutrients (e.g., Ginkgo biloba and vitamin E) appear to be effective at improving memory and concentration, while less is known about their effect on immunity. This study investigated the effect of Ginkgo Synergy® plus Choline (Product 1) (n=33) and OPC Synergy® plus Catalyn® (Product 2) (n=31) versus placebo (n=33) in a 6-month, randomized, double-blind trial on cognitive and immune functioning among English-speaking, non-smoking, healthy older adults. According to time on the Trail Making Test-B, the Ginkgo Synergy® plus Choline arm showed improvement from baseline to 3 months follow-up. On the Controlled Oral Word Association Trial-S, the scores significantly increased for the Ginkgo Synergy® plus Choline arm from baseline to 6 months follow-up and for the OPC Synergy® plus Catalyn® arm from baseline to 3 months follow-up. Epidermal growth factor significantly decreased from baseline to 6 months follow-up for the Ginkgo Synergy® plus Choline arm. Our study showed isolated and modest effects of a Ginkgo biloba plus choline-based formula on cognitive and immune functioning among healthy older adults with no history of significant cognitive deficits.

Product 1. Ginkgo Synergy® (2 capsules/day providing 120 mg/day Ginkgo biloba leaf, 80 mg/day

Ginkgo biloba whole extract, 40 mg/day grape seed extract, Gotu kola leaf (*Centella asiatica*), dried buckwheat leaf juice, buckwheat seed, and soybean lecithin powder) plus Choline (4 tablets/day providing 700 mg/day)

Product 2. OPC Synergy® (2 capsules/day providing 100 mg/day grape seed extract, 50 mg/day green tea extract (60% catechins), 50 mg/day bilberry fruit (25% anthocyanins), dried buckwheat leaf and juice, green tea leaf powder, and dried carrot root) plus Catalyn® (4 tablets/day providing 312 IU/day vitamin D, 1,600 IU/day vitamin A, 5.3 mg/day vitamin C, 0.3 mg/day thiamine, 0.3 mg/day riboflavin, 1.3 mg/day vitamin B6, defatted wheat germ, carrot (root), calcium lactate, nutritional yeast, bovine adrenal, bovine liver, magnesium citrate, bovine spleen, ovine spleen, bovine kidney, dried pea (vine) juice, dried alfalfa (whole plant) juice, mushroom, oat flour, soybean lecithin, and rice bran). By Standard Process

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BMC Complement Altern Med. 2014 Feb 4;14(1):43.

A double-blind, randomized clinical trial of dietary supplementation on cognitive and immune functioning in healthy older adults.

Beneficial Role for Supplemental Vitamin D3 Treatment in Chronic Urticaria

In a prospective, double-blinded, single-center study, 42 subjects with chronic urticaria were randomized to high (4,000 IU/d) or low (600 IU/d) vitamin D3 supplementation for 12 weeks. All subjects were provided with a standardized triple-drug therapy (cetirizine, ranitidine, and montelukast) and a written action plan. Triple-drug therapy decreased total USS scores by 33% in the first week. There was a further significant decrease (40%) in total USS scores in the high, but not low, vitamin D3 treatment group by week 12. Compared with low treatment, the high treatment group demonstrated a trend toward lower total USS scores at week 12, which was driven by significant decreases in body distribution and number of days with hives. Beneficial trends for sleep quality and pruritus scores were observed with high vitamin D3. Serum 25-hydroxyvitamin D levels increased with high vitamin D3 supplementation, but there was no correlation between 25-hydroxyvitamin D levels and USS scores. There was no difference in allergy medication use between groups. No adverse events occurred.

Ann Allergy Asthma Immunol. 2014 Feb 5.

Beneficial role for supplemental vitamin D3 treatment in chronic urticaria: a randomized study

The Effect of Intravenous Vitamin C Infusion on Periprocedural Myocardial Injury for Patients Undergoing Elective Percutaneous Coronary Intervention.

This small study has determined the effect of vitamin C on myocardial reperfusion in patients undergoing elective percutaneous coronary intervention (PCI). This study was to explore whether antioxidant vitamin C infusion before the procedure is able to affect the incidence of periprocedural myocardial injury (PMI) in patients undergoing PCI. 532 patients were randomized into 2 groups: the vitamin C group, which received a 3-g vitamin C infusion within 6 hours before PCI, and a control group, which received normal saline. After PCI, the incidence of PMI was reduced, whether defined by troponin or by creatine kinase (CK-MB), compared with the control group. In patients undergoing elective PCI, preprocedure intravenous treatment with vitamin C is associated with less myocardial injury.

Can J Cardiol. 2014 Jan;30(1):96-101.

The effect of intravenous vitamin C infusion on periprocedural myocardial injury for patients undergoing elective percutaneous coronary intervention.

Antioxidant Supplements Reduced Oxidative Stress and Stabilized Liver Function Tests but did not Reduce Inflammation in Obese Children and Adolescents.

To examine the effect of antioxidant supplementation on biomarkers of oxidative stress, inflammation, and liver function, overweight or obese children and adolescents were randomly assigned to a 4-mo intervention with daily antioxidants (vitamin E, 400 IU; vitamin C, 500 mg; selenium, 50 µg) or placebo.

There was a significant treatment effect of antioxidant supplementation on antioxidant status; ascorbic acid; selenium, and oxidative stress but not on any of the inflammatory markers measured. There was a significant treatment effect on alanine aminotransferase, a trend toward a significant effect on aspartate aminotransferase, and no significant effect on γ -glutamyltransferase. In summary, antioxidant supplementation for 4 mo improved antioxidant-oxidant balance and modestly improved liver function tests; however, it did not reduce markers of systemic inflammation despite significant baseline correlations between oxidative stress and inflammation.

J Nutr. 2014 Feb;144(2):193-201.

[Antioxidant supplements reduced oxidative stress and stabilized liver function tests but did not reduce inflammation in a randomized controlled trial in obese children and adolescents](#)

Efficacy of Combination Therapy of Statin and Vitamin C in Comparison with Statin in the Prevention of Post-CABG Atrial Fibrillation.

In a randomized double blind clinical trial, 120 candidates of coronary artery bypass graft (CABG) were recruited a 15-month period of time. Patients were randomized into two groups of 60 receiving oral atorvastatin (40mg) plus oral vitamin C (2g/d operation day and 1g/d for five consequent days) for intervention group and oral atorvastatin (40mg) for control group. Occurrence of post CABG Atrial fibrillation (AF) was compared between the two groups. There were 60 patients, 43 males and 17 females with a mean age of 29-78 years, in the intervention group and sixty patients, 39 males and 21 females with a mean age of 39-81 years, in the control group. The post CABG AF occurred in 6 cases (10%) in the interventional group and 15 patients (25%) in the controls

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Adv Pharm Bull. 2014;4(1):97-100.

[Efficacy of Combination Therapy of Statin and Vitamin C in Comparison with Statin in the Prevention of Post-CABG Atrial Fibrillation](#)

Omega-3 PUFAs Improved Endothelial Function and Arterial Stiffness with a Parallel Anti-inflammatory Effect in Adults with Metabolic Syndrome.

This studies looked at the effect of 12 weeks oral treatment with 2 g/day of omega-3 PUFAs in 29 (15 male) subjects (mean age 44 ± 12 years) with Metabolic syndrome (MetS) on three occasions (day0: baseline, day 28 and day 84). Treatment with PUFAs resulted in a significant improvement from day 0 to 28 and 84 in flow-mediated dilation (FMD) and Carotid-femoral pulse wave velocity (PWV). Treatment with placebo resulted in no significant changes in FMD and PWV. Moreover, PUFAs treatment, compared to placebo, decreased IL-6 levels and increased PAI-1 levels. Finally, treatment with PUFAs resulted in a significant decrease in fasting triglyceride levels from day 0 to 28 and 84 and in serum total cholesterol levels.

Atherosclerosis. 2014 Jan;232(1):10-6.

[Omega-3 PUFAs improved endothelial function and arterial stiffness with a parallel anti-inflammatory effect in adults with metabolic syndrome.](#)

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