

The Dietary Supplement Cyplexinol® Alleviates Joint Pain in Men and Women

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We compared the impact of a dietary supplement protein complex (Cyplexinol®) and placebo in 18 men and women (aged 43 ± 10 years) with self-reported joint pain.

Cyplexinol® (a Bone Morphogenetic Protein [BMP] Complex) is another agent with potential effects. BMPs are growth factors that have been shown to activate mesenchymal stem cells to help the body regenerate osteoblasts and chondrocytes. The dosage delivered was 900 mg/day, taken in capsule form twice daily (450 mg in the morning and 450 mg in the afternoon/evening).

BMPs are involved in signaling within cartilage and have been identified as potential therapeutic targets for cartilage regeneration following damage due to inflammation or injury, namely, BMP2/4/6/7/9.

18 Subjects completed questionnaires (e.g., Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC) and subjective pain using a visual analog scale [VAS]) at the start and end of each treatment phase.

Blood samples were analyzed for bone morphogenic protein (BMP), alkaline phosphatase, and cytokines (tumor necrosis factor [TNF]- α , interleukin [IL]-6, IL-10, IL-1 β , and TGF- β). Blood was also collected on days 1 and 15 to determine the acute impact of treatment on these measures.

Conclusions:

Cyplexinol® can alleviate joint pain in middle-aged men and women, while elevating BMP5 and TGF- β . Cyplexinol® may provide relief to men and women suffering from chronic joint pain and may be considered as an alternative to over-the-counter and off-the-shelf products marketed as joint pain remedies.

Relevance for Patients:

Individuals suffering with joint pain in the knee and/or hip may benefit from daily use of Cyplexinol®, as we observed decreased pain and stiffness following treatment.



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*60 Years of
Research
Support the
Activity of Bone
Morphogenetic
Proteins
(BMPs)*

