

## MEDIA RELEASE

Attention: Consumer media

### New joint pain study finds supplement helps reduce arthritis symptoms

**Thursday 24 September 2020:** Newly published research has shown the benefits of a unique, Australian-made liquid supplement, called Arborvitae Joint Health® (which contains Pycnogenol®, Papain enzyme, aloe vera and honey), in relieving symptoms of osteoarthritis (OA).

Published in the *Journal of Orthopaedics and Traumatology*, the study<sup>1</sup> compared the effectiveness of Arborvitae Joint Health® in the supplementary management of osteoarthritis. The study analysed the outcomes across two groups of participants, one using the standard treatment for management of osteoarthritis, and the other supplementing the standard treatment with the use of Arborvitae Joint Health®.

After three months, the group using the additional Arborvitae Joint Health® liquid supplement demonstrated stronger results in mobility and ‘walking distance’ tests, a significant reduction in arthritis symptoms (measured by the standard Karnofsky Scale) and had dramatically reduced their need for rescue medications. The study also revealed oxidative stress levels were also significantly reduced and Quality of Life scores improved.

The researchers concluded that Arborvitae Joint Health® “may be an effective supplementary management in controlling signs/symptoms of mild-moderate [osteoarthritis].” This includes a reduction in inflammation and, subsequently, pain related to osteoarthritis.

The active ingredient, Pycnogenol, is an antioxidant plant extract from the bark of the French maritime pine tree that has potent anti-inflammatory actions. Pycnogenol has been clinically shown to be effective in supporting healthy joint function, relieving inflammation and reducing pain associated with various health problems – including mild arthritis and osteoarthritis.

#### **Key results from the Arborvitae Joint Health® study<sup>1</sup>:**

- 66% decrease in pain test scores
- 50% increase in walking distance without pain (100m increase)
- 56% decrease in inflammation in blood tests (CRP)
- 78% reduction in their use of on-demand medications
- 50% improvement in quality of life scores

According to **Dr Jeff Strong, a naturopathic doctor trained in primary care medicine and Scientific Director for Horphag Research (Asia)**, the study results are extremely promising – and not just for older generations.

“Arthritis is often considered to be a condition that only effects older generations, however many people will start feeling the effects of arthritis from as early as age 35. These positive results were achieved through a registry study, meaning the product was tested under real world circumstances that reflect the realities that those living with arthritis often face.”

“Given the high global prevalence of the condition, many people are looking for effective and accessible alternative treatment options to relieve arthritis symptoms. These positive results will be welcome news to the millions of people effected by arthritis,” said Dr Strong who has a special interest in complementary medicine and Pycnogenol®.

“The study confirms just how effective Arborvitae can be in relieving arthritis symptoms,” concluded Dr Strong.



One in seven Australians suffer from some form of arthritis and of that 50% experience moderate to severe pain<sup>2</sup>. This means there are millions of Australians living in pain and looking for new and alternative ways to reduce their discomfort.

#### ENDS

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#### About Arborvitae

Arborvitae Health and Wellbeing (Arborvitae) is a family owned Australian company founded in 2014. Based in Sydney, the company was founded on the need to develop a solution for chronic inflammation. Over the years, the founders of the business have focused on formulating and testing their health supplements determined to bring the best natural products to the market. Arborvitae means 'Tree of Life' in Latin.

Considered Australia's leading natural anti-inflammatory supplement by many people, Arborvitae is an easy to take daily liquid supplement that has been designed to quickly and efficiently reset the immune system and bring down inflammation in the body.

For more information, visit [www.arborvitae.com.au](http://www.arborvitae.com.au) or connect with us on Facebook ([@Arborviatehealthcare](https://www.facebook.com/Arborviatehealthcare)).

#### References

1. Hu Shuh Belcaro Gianni Hosoi Morio et al. September 2020, An open, supplement, registry study: Arborvitae® for relief of arthrosis-related pain during exercise. Journal on Orthopedics and Traumatology vol 71, no. 3, pp. 117-123
2. Australian Institute of Health and Welfare 2019, Arthritis. Available at: <https://www.aihw.gov.au/reports/chronic-musculoskeletal-conditions/arthritis/contents/arthritis> (Accessed July 2020)