

**Efficacy and tolerability of an undenatured type II collagen supplement in modulating knee osteoarthritis symptoms: a multicenter randomized, double-blind, placebocontrolled study.**

Lugo JP, Zainulabedin MS, Carril NE

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A total of 191 volunteers, all with osteoarthritis of the knee, were included in a study to evaluate the efficacy and tolerability of UC-II collagen, the active ingredient in Artrinox, in the control of the symptoms associated with this pathology.

Patients were randomised into three groups and treated with 40 mg/day of UC-II, or 1500 mg glucosamine + 1200 mg chondroitin/day or placebo, for a period of 180 days.

The primary endpoint was the change in the WOMAC (The Western Ontario and McMaster Universities Osteoarthritis Index) scale, which measures symptomatology and physical disability in patients with osteoarthritis of the knee or hip.

The results, in terms of the evolution of pain, stiffness and physical capacity, assessed after 180 days of treatment, were significantly better in patients who received UC-II treatment. Treatment with UC-II collagen was well tolerated, with no differences between groups.