

# CELADRIN®

By William Amzallag (*from different sources*)

As consumers are searching for alternatives to Vioxx, Celebrex, and other nonsteroidal anti-inflammatory drugs, one product seems to be attracting the most attention. This product, Celadrin®, is an all-natural matrix of special cetylated, esterified fatty acids. What this means is that Celadrin® is a mixture of fatty acids that have been stabilized by attaching natural cetyl alcohol. The specific components of Celadrin® are *cetyl myristoleate, cetyl myristate, cetyl palmitoleate, cetyl laurate, cetyl palmitate, and cetyl oleate*.

The unique features of Celadrin® as a natural product include an ability to reduce inflammation and pain quickly with no side effects as demonstrated in clinical trials published in the internationally acclaimed Journal of Rheumatology.

## How does it work?

Celadrin® has been shown to impact several key factors that contribute to inflammation. Its main action appears to be its ability to enhance cell membrane health and integrity. As a result it halts the production of inflammatory compounds known as prostaglandins. It also reduces the production of the negative immune factors like IL-6 that play a central role in inflammation.

***In simple terms, the bottom line is that Celadrin® improves the lubrication of joints and prevents the manufacture of compounds that produce pain and inflammation.***

## What can Celadrin® do for you?

If you suffer from osteoarthritis or other form of arthritis, Celadrin® can reduce pain and inflammation in affected joints leading to improved movement.

Clinical studies have also shown Celadrin® to help psoriasis by reducing skin inflammation. The reality is that given Celadrin® mechanism of action, it will likely be shown to be useful in virtually any condition where inflammation plays a role. In particular, studies are under way to further document its effect on reducing C-reactive protein - a relatively recently identified risk factor for atherosclerosis (hardening of the arteries).

Based upon currently available data, Celadrin® is certainly useful for minor aches and pains associated with simple backache, arthritis, strains, bruises and sprains. Future studies will certainly expand this application.

## **What are the results from clinical studies?**

The clinical research on Celadrin® has primarily focused on relief from osteoarthritis. For example, in one of the first studies sixty-four patients with chronic osteoarthritis of the knee were evaluated at baseline and at 30 and 68 days after consuming either placebo or Celadrin®. Results indicated that compared to placebo, Celadrin® improves knee range of motion and overall joint function. It was concluded that Celadrin® may be an alternative to the use of nonsteroidal anti-inflammatory drugs for the treatment of OA(1)

Another study assessed the effect of the Celadrin® cream alone in osteoarthritis of the knees. Forty patients were randomly assigned to receive either the Celadrin® cream or a placebo. Patients were tested on 3 occasions: (1) baseline, (2) 30 min after initial treatment, and (3) after 30-day treatment of cream application twice per day. Assessments included knee range of motion, timed "up-and-go" from a chair and stair climbing, and two other functional tests. For stair climbing ability and the up-and-go test, significant decreases in time were observed 30 minutes after the first administration and after one month of use only in the Celadrin® group. Likewise, range of motion of the knees increased with Celadrin® both 30 minutes after the initial application and after one month's use. In contrast, no difference was observed in the placebo group. The other functional tests also clearly demonstrated improvements with Celadrin® while the placebo failed to produce results.(2)

In one of the latest studies with Celadrin® in patients with knee osteoarthritis, patients were assessed by having them stand on a special platform for 20 and 40 seconds to measure static postural stability (the ability to stand comfortably in one place for a period of time). Again, only those subjects using the Celadrin® cream demonstrated improvements.3

*One of the key points to make here with Celadrin® is that unlike many other natural approaches it produces almost immediate results.*

## **Answers to common questions**

### **1/ Can Celadrin® be used with glucosamine sulfate and other natural approaches for osteoarthritis?**

Absolutely, Celadrin® unique mechanisms of action complement any natural or drug therapy for osteoarthritis safely and without side effect.

### **2/ How does Celadrin® compare to CMO (cetylmyristoleate)?**

CMO is simply one of the components of the unique matrix of Celadrin®. Researchers discovered the mixture was more effective than the isolated CMO. Hence, Celadrin® can be simply regarded as an enhanced form of CMO. What is the proper dosage? Celadrin® cream can be applied to affected areas on an as needed basis. The dosage with oral preparations is three capsules daily.

### **3/ Is there any difference between the various oral forms of Celadrin®?**

The product is available in tablets, soft gelatin, and hard gelatin capsules. Since Celadrin® is a fatty acid complex, softgel capsules may provide advantages in absorption, just as with other lipid-loving molecules (e.g. CoQ10). As well, the published clinical trials utilized Celadrin® in a softgel form. Therefore, I strongly recommend using Celadrin® in softgel capsules.

### **4/ Is any form of Celadrin® cream better than another?**

Yes, be sure that the cream that you are using is free from parabens, phthalates, and other harmful ingredients. Parabens are widely used as preservatives in food, cosmetics, and topical joint care products. There have been recent studies indicating that parabens in cosmetic products and underarm deodorants may be a factor in the increasing numbers of women developing breast cancer. Natural Factors has recently introduced a paraben-free Celadrin® cream.

### **5/ Is Celadrin® safe?**

The safety profile is exceptional with no reported side effects or drug interactions. Celadrin® definitely does not have any of the side effects

associated with anti-inflammatory drugs such as Steroids, NSAIDS (e.g. aspirin), and COX 2 inhibitors (e.g. Vioxx, Celebrex).

## **6/ Can Celadrin® be used on a long-term basis?**

Absolutely, Celadrin® is completely safe for indefinite use without side effect. Are there any interactions with prescription drugs? There is no indication or known mechanism where Celadrin® would cause an adverse interaction with any medication.

### **References:**

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