COLAFIT STUDY

Place: Research Institute of Rheumatic Diseases Piešťany

Title: Open clinical study of Colafit®

Aim: This study aims to consider Colafit® preparation´s efficiency on weight-bearing joints.

Applied material and method: In our open clinical study we used Colafit® containing 8 mg of pure crystalline collagen 99.9% in one cube.

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Tab.1. Main characteristics of respondents

Results:

Monitoring Lequesne algofunctional index proved that average score before launching the study was 10.25, three months later 7.45 ($p<0.0005$), six months later 7.5 ($p<0.005$), which in both cases means statistically significant improvement (see Table 2) Table 2. Gained results

Total number	20
Number of men	4
Number of women	16
Average age	54,6 (39-72)
Coxartrosis I.	6
Coxartrosis II.	7
Coxartrosis III.	4
Coxartrosis I.	0
Coxartrosis II.	1
Coxartrosis III.	2

Tab. 2. Gained results

	Number of studies	3 months later	Statistical significance	6 months later	Statistical significance
Lequesne index	10,25 (4-19)	7,45 (2-16)	p<0,0005	7,5 (2-16)	p<0,005

General tolerance of the preparation assessed both by a respondent and physician was excellent, no undesirable side effects were proved. Controlling laboratory indicators have not shown any changes.

Conclusion

Thanks to administration of Colafit® we have accomplished significant improvement of clinical diagnosis at respondents assessed according to Lequesne algofunctional index. The advantage of this preparation is based on its excellent tolerance and absence of any undesirable side effects. It is also remarkable that in most people cases it has persisting effect after three months pause, which proves the prolonged effect of the preparation.

Results of our pilot study prove that Colafit® can considerably contribute to maintaining favourable health state of respondents´ joints.