

Editorial Backgrounder

Inflammation and Inflammatory Conditions

Inflammation may play a role in the development of a variety of serious conditions that affect millions of Americans. Inflammation is a process by which our body protects itself from harmful substances such as bacteria and viruses. It is the body's first defense against infection and injury, and it is often accompanied by heat, redness, swelling, and pain. Inflammation can occur in different places in the body: joints, organs, or arteries.

Sometimes our immune system mistakenly triggers an inflammatory response, even when there is no immediate risk of infection. This low-grade inflammation can lead to cumulative damage and disease later on.

Treatment Options

While the current, popular medical treatments for inflammatory conditions may relieve the pain, some medical professionals believe that these treatments actually worsen the underlying condition. The primary drugs used in treating the most common inflammatory conditions are nonsteroidal anti-inflammatory drugs (NSAIDs), such as aspirin and ibuprofen. In addition to their negative side effects in the stomach and intestinal tract, NSAIDs may actually accelerate the progression of joint destruction.

Increasingly, people suffering with inflammatory disorders are turning to a more natural approach that encompasses nutrition and therapies that enhance the body's response toward health. These approaches seek to address the underlying disease process, and in turn provide relief from pain and disability.

Celadrin: The Natural Way to Reduce Inflammation

One of the newest therapies for reducing inflammation and promoting joint health is Celadrin, a natural compound that is available in tablets, capsules or as a cream.

Celadrin is medically and clinically proven to alleviate pain, and was developed through a proprietary process of esterifying fatty acids, so they become stable and do not react with oxygen. Both humans and animals have shown extensive reduction in pain and swelling and increased range of motion with Celadrin, with no reported side effects.

Research has shown that the special fatty acids in Celadrin inhibit inflammation in endothelial cells (the thin cells that line the inside of various body cavities) and decrease the pro-inflammatory effects of arachidonic and other fatty acids. Celadrin has also been shown to reduce the production of the negative immune factor IL-6 and to control the immune factors responsible for inflammation. In addition, Celadrin may help to lubricate an affected joint, resulting in pain relief and increased mobility.

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**NEW STUDY FINDS CELADRIN® SIGNIFICANTLY IMPROVES
KNEE FUNCTION AND JOINT MOBILITY**

BALTIMORE, MD (Sept. 27, 2007) -- Proprietary Nutritionals Inc. (PNI) has announced that a research study conducted with Celadrin®, a proprietary blend of special fatty acids lauded for its ability to promote joint health, demonstrated that Celadrin can significantly increase walking ability and decrease knee discomfort.

The double-blind, placebo-controlled study, was commissioned by its developer, Imagenetix, Inc., and conducted by Jay Udani, M.D., Medical Director of Medicus Research, and Director of the Integrative Medicine Program at Northridge Hospital in California. It is the fourth clinical study performed on the efficacy of Celadrin in the past six years.

The study reported that after eight weeks of taking an 894 mg capsule of Celadrin daily, average walking ability increased 45 percent, and participants claimed a 35 percent decrease in knee discomfort. These improvements were significantly better than the results seen in the placebo group, and no negative side effects were found throughout the entire study.

“This study demonstrates that after two weeks of taking Celadrin orally, subjects showed significant enhancement of their functional ability with progressive improvement continuing through the end of the eight week study,” said Dr. Udani.

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The randomized study, evaluated 93 participants over a period of 60 days. Subjects, ranging from 40 to 86 years of age, were evaluated before Celadrin was administered and again after two, four and eight weeks. During each evaluation, participants were asked to walk for six minutes to measure how far they could travel with their knee discomfort.

The participants who consumed Celadrin were able to walk an average distance of 1183 feet when they started the study. After only two weeks of taking Celadrin capsules, the average walking distance increased significantly by about 19 percent, or approximately 232 feet. The participants continued to improve throughout the study period and after eight weeks of taking Celadrin capsules; the participants walked an average distance of 1720 feet—45 percent more than when they had started only two months before.

A previous study on the efficacy of Celadrin-based cream published in the *Journal of Rheumatology* in 2004, states that patients reported significant relief in joint pain after only 30 minutes of application – benefits which continued to improve over time with daily use of the product.

Proprietary Nutritionals, Inc., a subsidiary of Pharmachem Laboratories, Inc., is located in Kearny, New Jersey, USA. PNI markets Celadrin® Joint Flexibility & Relief, and other patented, scientifically proven, branded ingredients to the nutraceuticals industry. For further information, visit www.celadrininfo.com or call 519/647-2071.

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Celadrin® Research Milestones

- 2001** Acute toxicity studies by Perry Scientific Inc. on both the oral and topical form of Celadrin determined the compound to be safe and non toxic.
- A study conducted on 64 patients with knee pain determined that Celadrin, taken orally, provides an improvement in knee range of motion and overall function over placebo. This study was published in the *Journal of Rheumatology* 2002; 29:1708-12; R. Hesslink, Jr, ScD; D. Armstrong III, PhD, Hesslink Ventures; M.V. Nagendran, MD, Medical Center, Manipal; S. Sreevatsan, PhD; R. Barathur, PhD, ClinCyte
- 2002** A study found that cetylated fatty acids (CFAs) may improve the mobility of arthritic canines. Robert Hesslink, Jr, ScD, Kristee Emens-Hesslink, BA, Imagenetix; and Sharon Sprouse, DVM, Penasquitos Pet Clinic.
- An animal study conducted at the University of Minnesota found that the proprietary mixture of cetylated fatty acids (CFAs) found in Celadrin are well absorbed when administered either orally or topically. The study was published in the Federation of American Societies of Experimental Biology Journal; Daniel D. Gallaher, PhD, University of Minnesota.
- 2004** A double-blind, placebo-controlled study was conducted in two phases at the University of Connecticut. In Phase I of the study, 40 patients with knee pain received either Celadrin topical cream or placebo. All of the patients who used Celadrin showed significant improvement in quality of life measurements, such as getting up from a seated position and stair climbing. The study was published in the Journal of Rheumatology, 2004: 31 (4): 767-74. William J. Kraemer, Nicholas A. Ratamess, , Jeffrey M. Anderson, Carl

M. Maresh, David P. Tiberio, Michael E. Joyce, Barry N. Messinger, Duncan N. French, Matthew J. Sharman, Martyn R. Rubin, Ana L. Gomez, Jeff S. Volek, Robert L. Hesslink, Jr.

2005 A follow-up investigation to Phase I showed that 30 days of treatment with Celadrin cream improved status postural stability in patients with knee pain, presumably due to pain relief during quiet standing. The study was published in the Journal of Strength & Conditioning, 2005, 19(1), 115-21; William Kraemer, et al.

In Phase II of the study, the Celadrin compound was blended with menthol, a known compound used frequently in topical creams. Patients with knee pain were evaluated to validate previous findings, and patients experiencing elbow and wrist pain were also recruited. As in the Phase I study, patients with knee pain showed significant improvement in various quality of life measurements. The wrist and elbow patients showed improvement in measures associated with prolonged endurance and activity. This study was published in the Journal of Strength & Conditioning, 2005, 19(2), 475-80; William J. Kraemer, et al.

2007 The results of a double-blind, placebo-controlled study reported that after eight weeks of taking an 894 mg capsule of Celadrin daily, average walking ability increased 45 percent, and participants claimed a 35 percent decrease in knee discomfort. These improvements were significantly better than the results seen in the placebo group, and no negative side effects were found throughout the entire study. The fourth clinical study performed on the efficacy of Celadrin in the past six years demonstrated that Celadrin can significantly increase walking ability and decrease knee discomfort. Jay Udani, MD.

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Celadrin® Fact Sheet

Product Source: Celadrin® is a natural ingredient for joint health composed of esterified fatty acid carbons and other active synergists. The esterifying process makes the fatty acid stable so it does not react with oxygen.

Product Applications: Celadrin has been shown to reduce pain and improve mobility in people suffering from a variety of joint, muscle and tendon-related ailments.

Product Safety: Celadrin is an all-natural compound with no reported side effects after extensive clinical research. Toxicity testing has shown Celadrin to be safe and non-toxic at high dose levels.

Product Forms: Celadrin is available in capsules, tablets or as a cream.

Typical Dosages: Orally: 1500 mg per day.
Topically: apply twice a day.

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Lorna R. Vanderhaeghe



Lorna R. Vanderhaeghe is a medical journalist who has been researching and writing on nutritional medicine for over 20 years. She is currently an associate editor for Total Health Magazine in the United States. Lorna is the co-author of the ***Immune System Cure***, published in six countries and translated into French, Dutch, and German, and author of the Canadian bestseller ***Healthy Immunity: Scientifically Proven Natural Treatments for Conditions from A-Z*** and ***The Body Sense Natural Diet***. Her most recent co-authored books include ***Healthy Fats for Life*** and ***No More HRT: Menopause Treat The Cause***. Lorna believes in empowering people with health knowledge so they can achieve optimal wellness.